

Kitchener Downtown Community Health Centre COVID-19 Control Steps

If I am providing direct client care or unable to maintain 2 metres distance between myself and anyone else, I will wear a surgical mask.

If I am not providing direct client care and I am able to maintain 2 metres distance between myself and anyone else, I will wear a fabric mask (cleaned daily).

If I am doing an aerosol generating procedure, I will wear an N95 mask.

I may remove my mask if I am alone in a space that others do not use.

I have reviewed the donning and doffing procedures and feel confident that I am doing it safely.

I will wear additional PPE as required by the activity I am completing and according to professional regulation. If I am unclear, I will ask my colleague or a clinical colleague with the appropriate expertise.

I agree to wash my hands or use alcohol-based hand rub frequently including every time I touch my face/hair; touch my mask; pass an item between myself and another (examples: paper, keyboard).

I agree to restrict my movement in the facility to enter the least amount of rooms and hallways.

I will follow directions on rooms with restricted access (example - 1 person at a time in kitchen space).

Because the washroom is a space used by multiple people throughout the day, I will ensure surfaces are wiped if necessary

I will ensure any food being distributed to others will be in separate packaging

If I bring food/drink for myself, I will keep it at my workstation. I will use and hand wash my own cutlery/dishes/mugs and keep at my workstation. The refrigerator, coffee and tea pots are accessible for hot beverages, milk and cream. The refrigerator is not available for personal food storage. I will not use the CHC dishwasher.

I will leave promptly at the end of my shift and not stay into the time of another shift.

I will support my colleagues and others in the facility to use the practices above by speaking constructively to them when I see a way, we can all be made safer.