




























# COVID-19 PPE Quick Reference Guide

~ FOR WORKER SAFETY, PLEASE FOLLOW THESE GUIDELINES AT ALL TIMES ~

- Tap your ID card upon entry and sign in when you arrive in your department to confirm that you passed screening and are work ready.
- Maintain a physical distance of 2 meters from others including outdoors, common work areas and during breaks.
- Comply with all room capacity limits and physical distancing while eating. Eat in permitted areas.
- Wear a Fluid-Resistant mask in all areas - Discard at end of shift, when soiled/wet/damaged/hard to breathe through or if entering an isolation room.
- Mask may be removed in an approved office or designated break space when physical distancing can be maintained.
- Complete a **Point of Care Risk Assessment (PCRA)** prior to **EVERY** patient interaction.

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

SCENARIO	MASK	EYE PROTECTION	N95 RESPIRATOR	GLOVES	GOWN
<b>All Workspaces</b> (Common spaces, offices, hallways, no patient interactions)	 Always ASTM Level 1 mask	  Always - ONE of 3 options			
<b>Patient Contact</b> (includes Routine Practices)	 Always ASTM Level 1 mask	  Always - ONE of 3 options		 Based on PCRA	 Based on PCRA
<b>Droplet/Contact Precautions</b> (includes COVID-19)	 Always ASTM Level 2 or 3 mask	  Always - ONE of 3 options		 Always	 Always
<b>Enhanced Airborne Precautions</b> (e.g. probable or positive COVID-19 AGMPs, VHF, MERS-CoV)		 Always	 N95 Always	 Always	 Always
<b>Aerosolized Generating Medical Procedure (AGMP)</b> (For non-COVID patients)	 Always ASTM Level 2 or 3 mask	  Always - ONE of 3 options		 Always	 Always
<b>Protected Code Blue</b>		  Always BOTH	 N95 Always	 Always Double gloves	 Always Level 3 and a bonnet

Eye protection is required for interactions with non-Health Care Workers/ designated partners (with or without mask) when 2 meters cannot be maintained

### COVID-19 SYMPTOMS

- Fever (37.8° C or greater)
- New cough or worsening chronic cough, shortness of breath or difficulty breathing
- ANY symptom that is not related to other known causes or conditions:
  - Chills
  - Decrease or loss of taste or smell
  - Muscle aches
  - Fatigue
  - Difficulty swallowing
  - Pink Eye
  - Headache
  - Digestive issues (nausea, vomiting, diarrhea, stomach pain)
  - Sore throat
  - Runny nose/nasal congestion

**IF SYMPTOMATIC** - If you have symptoms or answered "YES" to any screening question including travel and potential contact to someone with a positive COVID-19 Test:

- DO NOT attend at work or enter the building
- Contact your manager/supervisor for guidance and next steps
- Contact the *HSN Assessment Centre* at 705-671-7373 to book a testing appointment
- Contact *Occupational Health and Safety Service* at X1010 for assistance or guidance if needed

~ Avoid the 3Cs: **CLOSED** spaces, **CROWDED** places, and **CLOSE** contact ~

### Document Control

**Document Owner:** Shelli Fielding Levac  
**Program/Service Area:** Infection Prevention and Control

**Date:** V1\_March 1, 2021  
**Update Schedule:** As needed