

May 15th, 2020



Health Nexus Weekly Bulletin

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**COVID-19: INFECTION PREVENTION AND CONTROL IN
PRIMARY CARE AND COMMUNITY SETTINGS**



This bulletin presents key infection prevention and control (IPAC) practices for primary caregivers and service providers to use when caring for families during COVID-19.

Hand Hygiene and Personal Protective Equipment (PPE).

Proper hand hygiene is critical in order to prevent spread of infections. The handwashing and sanitizing with an alcohol rub technique approved by the World Health Organization (WHO) presents an effective way to remove pathogens from our hands.

During the COVID-19 pandemic, many healthcare and service providers also need to wear masks continuously when caring for clients. Putting a mask on properly and removing it correctly is very important for it to be effective in

protecting against COVID-19. Please follow the link provided to see the correct technique: <https://www.youtube.com/watch?v=0whUgkCgP0U>.

Gloves are also part of the PPE for many care providers, and the proper technique needs to be used when removing them. Please follow this link to observe how it is done in practice:

<https://www.youtube.com/watch?v=ATU383IlfT8>.

When you are required to wear your full PPE, including gloves, masks, gown, and face shield/eye protection, please see the techniques below presented by Public Health Ontario:

- Putting on Full PPE. <https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>
- Taking off Full PPE. <https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>

The Correct Order to PUT on and REMOVE PPE.

1. Putting on Mask and Gloves:



2. Putting on FULL PPE:

Recommended Steps:
Putting On Personal Protective Equipment (PPE)

Public Health Ontario | Santé publique Ontario



For more information, please contact Public Health Ontario's Infection Prevention and Control Department at ipac@ohpp.ca or visit www.publichealthontario.ca.

Ontario

3. Removing Gloves and Mask:



4. Removing FULL PPE:

Recommended Steps:
Taking Off Personal Protective Equipment (PPE)

Public Health Ontario | Santé publique Ontario

- 1. Remove Gloves**
 - Remove gloves using a glove-to-glove / skin-to-skin technique
 - Grasp outside edge near the wrist and peel away, making the glove inside-out
 - Reach under the second glove and peel away
 - Discard immediately into waste receptacle
- 2. Remove Gown**
 - Remove gown in a manner that prevents contamination of clothing or skin
 - Starting with waist ties, then neck ties, pull the gown forward from the neck ties and roll it so that the contaminated outside of the gown is to the inside. Roll off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance.
- 3. Perform Hand Hygiene**
- 4. Remove Eye Protection**
 - Arms of goggles and headband of face shields are considered to be "clean" and may be touched with the hands
 - The front of goggles/face shield is considered to be contaminated
 - Remove eye protection by handling ear loops, sides or back only
 - Discard into waste receptacle or into appropriate container to be sent for reprocessing
 - Personally-owned eye wear may be cleaned by the individual after each use
- 5. Remove Mask/ N95 Respirator**
 - Ties/ear loops/straps are considered "clean" and may be touched with hands
 - The front of the mask/respirator is considered to be contaminated
 - Untie bottom tie then top tie, or glass straps or ear loops
 - Put forward of the head, bending forward to allow mask/respirator to fall away from the face
 - Discard immediately into waste receptacle
- 6. Perform Hand Hygiene**

This is an excerpt from Routine Practices and Additional Precautions in All Health Care Settings (Appendix L) and was reformatted for ease of use.

Ontario

Providing care for a client with a positive or suspected case of COVID-19.

When considering the type of PPE, providers need to think about the transmission mode of COVID-19 and the type of exposure.

COVID-19 is known to spread through contact/droplet transmission. Public Health Ontario has developed a guideline on [*IPAC Recommendations for Use of Personal Protective Equipment for Care of Individuals with Suspect or Confirmed COVID-19*](#), which outlines the following:

- If providing care or examining a client with suspected or confirmed case of COVID-19 (including care for a client at home), the recommendation for a health care or a service provider is to put on FULL PPE: surgical/medical mask, eye protection (or a face shield), gown, and gloves.
- The client should also be given a procedure mask (if supplies allow and if it is tolerated by a client).
- Immediate disinfection should be done for care equipment (including electronics used) and the environment (in clinical and office settings) right after the client left. The person performing the disinfection should also wear FULL PPE.

Surgical/procedure masks are sufficient in the community settings, as they are effective against droplets. N95 respirators are worn when there is a need for a procedure that may generate small airborne particles (i.e. client intubation).

Additional practices and precautions:

- *Universal masking* with all clients if within 2 metres (healthcare providers to wear masks all the time when caring for all clients).
 - Spacing chairs in the waiting room two-metres apart and removing extra objects in the room (including toys, magazines, brochures).
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- Keeping direct client contact solely to the practitioner so all care is done by the provider, as necessary.
- Leading patients directly to the exam room.

Choosing a disinfectant.

According to Health Canada, regular hospital-grade or healthcare approved disinfectant is effective against coronaviruses, including COVID-19.

The following most commonly used disinfectants can be used in primary care and community services settings:

- Virox
- Caviwipes
- Oxivir
- Clorox Healthcare
- 3M

It is important to note that the Ministry of Health and Public Health Ontario recommends cleaning all high-touch surfaces twice-a-day in a public setting. The detailed description can be found here:

1. **Ontario Public Health:** *Coronavirus disease 2019 - Cleaning and Disinfection for Public Settings.* <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>
 2. **Health Canada:** *Cleaning and disinfecting public spaces (COVID-19).* <https://www.canada.ca/en/public->
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[health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html](https://health.services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html)

On May 7th, 2020, **Best Start by Health Nexus** conducted a webinar for clinical and service providers in the primary care and community settings, outlining the information presented above (including the additional resources and strategies) in great detail. To access the webinar, please visit the Health Nexus website at <https://resources.beststart.org/product/w36-e-infection-prevention-control-primary-care-community-settings/>.

For additional questions and resources, as well as consulting services related to IPAC measures for primary care and community settings, please contact Olga Bondar, Health Nexus Health Promotion Consultant at: o.bondar@healthnexus.ca

Resources clinical providers:

The College of Family Physicians of Canada: *The COVID-19 Pivot: Protecting patients and physicians during the pandemic – Resources. Practice Changes to Minimize risk during the COVID-19 pandemic.* https://portal.cfpc.ca/resourcesdocs/uploadedFiles/CPD/COVID-Webinar-Resources-and-References-One-Pager-FV-Apr-8.pdf?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid-safetyequip

Ontario Family Physicians: *Strategies to Minimize Viral Spread, Conserve PPE and Maintain Staffing Levels in Case of an Office Outbreak.* <https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/novel-coronavirus-2019-ncov/ppe-use-guidelines->

[community.pdf?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid-safetyequip](#)

Centre for Effective Practice: COVID-19: Clinical and Practical Guidance for Primary Care Providers. <https://tools.cep.health/tool/covid-19/>

References:

Public Health Ontario: *Droplet*

transmission. <https://www.publichealthontario.ca/en/videos/transmission-droplet>

Public Health Ontario: *COVID-19 - What do we know so far about... routes of transmission.* [https://www.publichealthontario.ca/-](https://www.publichealthontario.ca/-/media/documents/ncov/wwksf-routes-transmission-mar-06-2020.pdf?la=en)

[/media/documents/ncov/wwksf-routes-transmission-mar-06-2020.pdf?la=en](https://www.publichealthontario.ca/-/media/documents/ncov/wwksf-routes-transmission-mar-06-2020.pdf?la=en)

Health Canada: *Coronavirus Disease (COVID-19) for Health*

Professionals. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals.html#i>

BC Centre for Disease Control. *Coronavirus COVID-19 Environmental*

Cleaning and Disinfectants for Clinic Setting. [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19_MOH_BCCDC_EnvironmentalCleaning.pdf)

[19 MOH BCCDC EnvironmentalCleaning.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19_MOH_BCCDC_EnvironmentalCleaning.pdf)

WHO: *Home care for patients with COVID-19 presenting with mild symptoms*

and management of their contacts. [https://www.who.int/publications-](https://www.who.int/publications-detail/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)

[detail/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-](https://www.who.int/publications-detail/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)

Public Health Ontario: *IPAC Recommendations for Use of Personal Protective Equipment for Care of Individuals with Suspect or Confirmed COVID-*

19. [https://www.publichealthontario.ca/-/media/documents/ncov/updated-ipac-](https://www.publichealthontario.ca/-/media/documents/ncov/updated-ipac-19)

[measures-covid-19.pdf?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid-ltc&la=en](#)

Ontario Ministry of Health: *COVID-19 Guidance: Primary Care Providers in a Community*

Setting. http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_primary_care_guidance.pdf

Health Canada: *Hard-surface disinfectants and hand sanitizers (COVID-19): List of disinfectants for use against COVID-*

19. <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Public Health Ontario: *When and How to Wear a*

Mask. <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

Health Canada: *Infection Prevention and Control for COVID-19: Interim*

Guidance for Home Care Settings. https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/infection-prevention-control-covid-19-interim-guidance-home-care-settings.html#s6_4

COVID-19: FOOD SAFETY PRACTICES



Based on the knowledge available, the risk of food being contaminated with the COVID-19 virus is low to very low. Also, there is no evidence confirming that COVID-19 can be spread through food. The greatest risk of getting a virus is from close contact with an infected person, such as in a grocery store.

However, some precautions may be introduced to prevent the spread of COVID-19.

An important practice is to wash hands before and after unpacking food items. [UNICEF](#) also suggests the following strategies when unpacking food items:

- Removing any unnecessary packaging and disposing of them into a waste bin with a lid.
- Using disinfectant to wipe packaging like cans before being stored or opened.
- Washing unpackaged produce, such as fruit and vegetables, thoroughly under running water. Soap should **not** be added.

There has been some discussion around disinfecting individual food packaging among food safety experts in Canada, and currently, it is not recommended due to the lack of evidence that COVID-19 can be transmitted this way.

Washing fruits and vegetables with soap is also becoming a common practice, but it is not recommended as well. According to food safety experts, fruits and vegetables are porous and can actually absorb the chemicals in soaps, which then will be ingested by a person.

General food hygiene tips remain the same during the COVID-19 pandemic. Service providers should follow the usual food safety steps recommended by the Ontario Public Health Units.

For additional information, review Ontario Ministry of Health COVID-19 Guidance for Food

Premises: http://www.health.gov.on.ca/en/pro/programs/publichealth/coronaviruses/docs/2019_food_premise_guidance.pdf

References:

McGill Reporter: COVID-19 Q&A: Jennifer Ronholm on staying safe while shopping for groceries. <https://reporter.mcgill.ca/covid-19-qa-jennifer-ronholm-on-staying-safe-while-shopping-for-groceries/>

UNICEF: Cleaning and hygiene tips to help keep the COVID-19 virus out of your home. <https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home>

Health Canada: Coronavirus disease (COVID-19): Prevention and risks. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink>

Safe Grocery Shopping: U of G Expert Dispels Myths. https://www.youtube.com/watch?v=snpNx6gRIY&utm_source=guelphtoday.com&utm_campaign=guelphtoday.com&utm_medium=referral

Dietitians of Canada: Advice for the general public about COVID-19. <https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>

Health Canada: Coronavirus Disease (COVID-19) and Food Safety. <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/covid19.html>

**COVID-19: INFECTION PREVENTION AND CONTROL
AT HOME**



Right now many parents are concerned about preventing infections and protecting their families against COVID-19.

On Tuesday, May 5th, **Best Start by Health Nexus** has conducted a webinar for parents. The main objective of this webinar was to share with parents the information on infection prevention and control strategies at home during the COVID-19 pandemic.

The topics addressed in this webinar included:

- How to wash and sanitize your hands correctly.
 - How to put on and remove gloves and masks correctly.
 - Evidence and strategies related to COVID-19 and food safety practices.
 - Evidence and strategies related to COVID-19 and infant feeding.
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- How to clean the house and children's toys during the COVID-19 pandemic.
- How to care for a family member and/or child with COVID-19 infection.

To access the webinar and additional handouts, please direct parents to this link: <https://resources.beststart.org/product/w35-e-webinar-preventing-infection-what-parents-can-do/>

Visit [our resources page](#) to discover all our many evidence-based, up-to-date resources!



We have moved! Our new location is:

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