

Infection Prevention and Control in Primary Care and Community Settings

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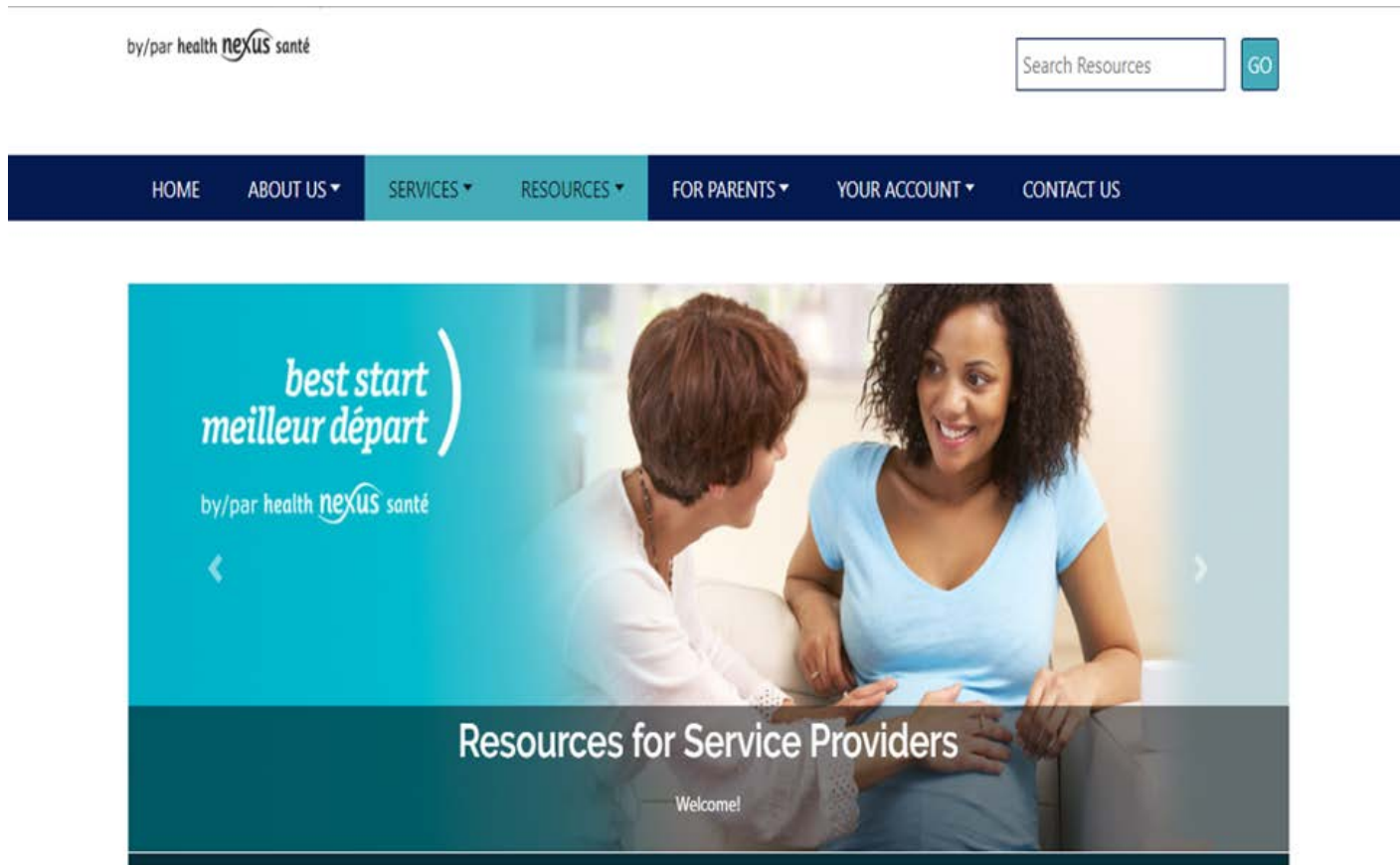
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Land Acknowledgement



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Objectives

- Hand Hygiene Technique and Personal Protective Equipment or PPE (aka masks, gloves, gown, face protection)
- COVID-19 and IPAC in Clinical Office Settings
- COVID-19 and IPAC in Community Settings (including food banks and community kitchens)
- COVID-19 and IPAC when visiting a client at home

How to...

- Wash/sanitize your hands:

<https://www.youtube.com/watch?v=3PmVJQUCm4E>

https://www.youtube.com/watch?v=nEzJ_QKjT14

<https://www.youtube.com/watch?v=ZnSjFr6J9HI>

- Put on and remove a mask:

<https://www.youtube.com/watch?v=0whUgkCgP0U>

- Put on and remove gloves:

<https://www.youtube.com/watch?v=ATU383llfT8>

- Putting on and removing full PPE:

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>

Proper technique: Putting on Mask and Gloves

1

Perform
hand
hygiene

2

Put on a
mask

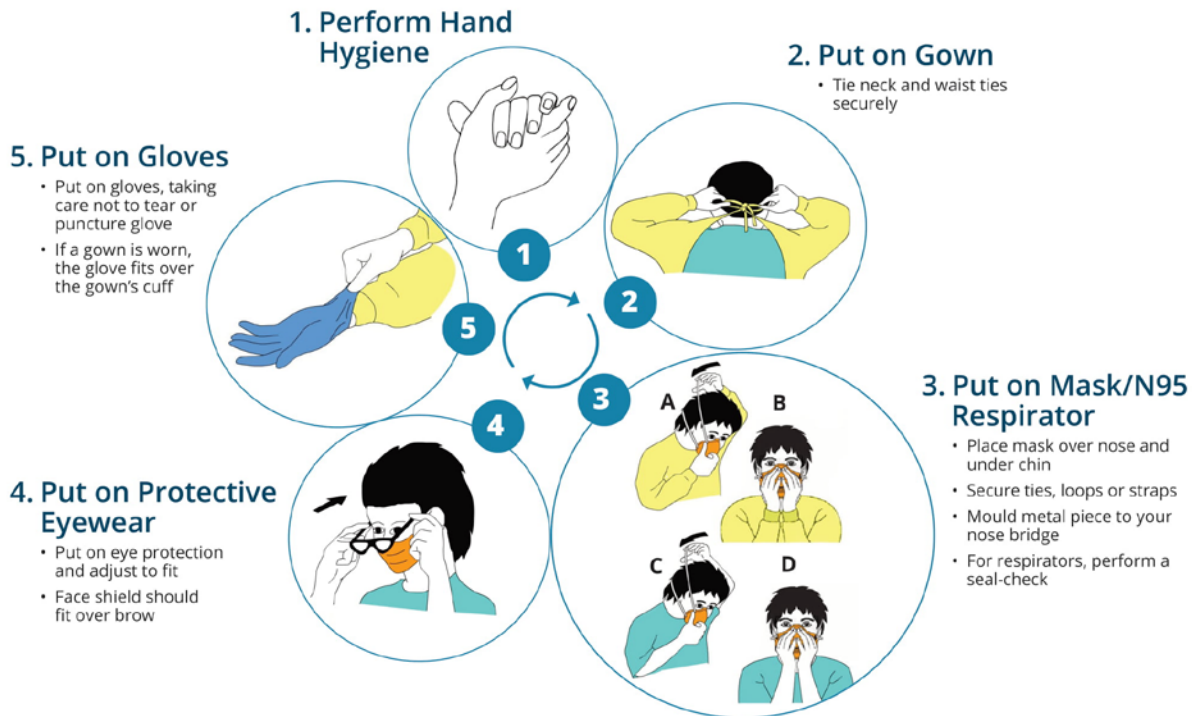
3

Put on
gloves

For Healthcare providers: Putting on 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@oahpp.ca or visit www.publichealthontario.ca.

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Proper technique: Removing Gloves and a Mask

1

Remove
gloves

2

Perform
hand
hygiene

3

Remove
mask

4

Perform
hand
hygiene

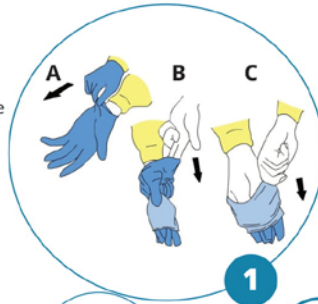
For Healthcare providers: Removing PPE

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, rolling 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.



6. Perform Hand Hygiene

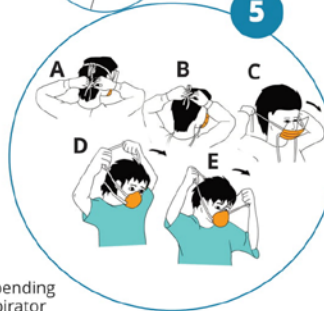


3. Perform Hand Hygiene



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 grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
- Discard immediately into waste receptacle



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 eyewear may be cleaned by the individual after each use



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

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COVID-19 and IPAC: in Clinical Office Settings

Providing care for clients suspected or confirmed case of COVID-19.

Individual	Type of PPE
Healthcare provider	Full PPE - Droplet and Contact Precautions, including: <ul style="list-style-type: none">• Surgical/procedure mask• Isolation gown• Gloves• Eye protection (goggles or face shield)
Client	Should be given a procedure mask
Cleaning personnel	Full PPE (during cleaning in-between clients)

COVID-19 and IPAC: in Clinical Office Settings

General recommendations:

- Universal masking with all clients if within 2 metres
- Space chairs in waiting room two-metres apart and remove extra objects in the room (including toys, magazines, brochures)
- Keep direct patient contact solely to the family, physician/primary care nurse practitioner so all vitals are done by the provider, as necessary
- Lead patients directly to the exam table/beds
- Thoroughly clean surfaces after the patient leaves

COVID-19 and IPAC: in Clinical Office Settings

Important handouts for consideration:

1. **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-Page-FV-Apr-8.pdf?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid-safetyequip

2. **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

For Physicians and Nurse Practitioners:

Academic detailing virtual visits offered to primary care providers on COVID-19.

[Sign-up here:](https://cep.health/academic-detailing/)

<https://cep.health/academic-detailing/>

COVID-19 and IPAC: Cleaning versus Disinfection



- **Cleaning products** remove germs, dirt, and impurities from surfaces by using soap (or detergent) and water
- Cleaning **does not** necessarily kill germs, but removes them, and lowers their numbers and the risk of spreading infection
- **Disinfecting products** kills germs on surfaces using chemicals.

COVID-19 and IPAC: Environmental Cleaning in Primary Care Settings

HOTEL CLEAN	HOSPITAL CLEAN
Common/public areas Lobbies Kitchens (high-touch areas must be disinfected twice daily as per Ministry of Health and Public Health Ontario) Administrative Offices Elevators Stairways	Exam rooms Procedure Rooms Clinical Offices Medication Preparing Areas Bathrooms Waiting rooms*

COVID-19 and IPAC: High-touch areas vs. Low-touch areas vs. Disinfection after Each Use.

High-touch Areas Disinfection	Low-touch Areas Cleaning	After Each Use Disinfection
<p>doorknobs, elevator buttons, telephones, light switches, toilet flushers, counters, hand rails, touch screen surfaces and keypads (including scales and chairs)</p>	<p>floors, walls, ceilings, mirrors and window sills</p>	<p>Blood pressure cuff Blood tube holder Tourniquet Dopplers ECG machine and cables Glucometer</p>
<p>WHEN: twice a day and when visibly dirty</p>	<p>WHEN: -as per organizational policy -daily floor cleaning in client-care environments</p>	<p>Stethoscope Ophthalmoscope Otoscope Oximeter probes Newborn scales Wheelchair Exam table Pillow</p>

COVID-19 and IPAC: Disinfecting Products

Product	Active Ingredients	Additional Info
Virox 5 Rtu/Virox 5 (solution and wipes)	hydrogen peroxide (0.5%)	Nontoxic, broad spectrum, rapid action, non-corrosive
Caviwipes/Caviwipes XI	Benzethonium Chloride; Isopropyl Alcohol	Broad spectrum, alcohol main ingredient, non-corrosive
Oxivir Tb/Five 16 (solution and wipes)	hydrogen peroxide (0.5%)	Nontoxic, broad spectrum, rapid action, non-corrosive
Clorox Healthcare	Sodium Hypochlorite (0.5%)	Broad spectrum and sporicidal, corrosive
3M Surface Disinfectant Cleaner (wipes/cleaner)	Alkyl Dimethyl Ethylbenzyl Ammonium Chloride; Benzalkonium Chloride; Isopropyl Alcohol	Broad spectrum, alcohol main ingredient, non-corrosive

COVID-19 and Environment Cleaning: Encounter with COVID-19 case



- Same routine practices + PPE
- Electronics used during client encounter should be disinfected immediately after providing care for COVID-19 positive or suspected case

COVID-19: Toys Cleaning

- Clean toys with soap and water (especially if visibly dirty)
- Disinfect toys with:
 - *A dishwasher/cart washer cycle if allowed by the manufacturer (must reach 82°C), OR*
 - *70% alcohol solution for 10 minutes (70% alcohol solution can be applied to single-use gauze or a paper towel to wipe down the toy surface), OR*
 - *Bleach solution (2 tablespoons/15 ml of bleach in 3 litres of water)*
- Rinse thoroughly after disinfection
- Air-dry prior to storage

COVID-19 and Food Safety: Evidence

- The risk of food being contaminated with COVID-19 virus is low
- No evidence confirming that COVID-19 can be spread through food



COVID-19 and Food Safety: Precautions

First and foremost: washing hands before and after unpacking food items.

Also, UNICEF suggests the following strategies when unpacking food items:

- Remove any unnecessary packaging and dispose into a waste bin with a lid
- Packaging like cans can be wiped clean with a disinfectant before being opened or stored
- Wash unpackaged produce, such as fruit and vegetables, thoroughly under running water. Do not add soap, as it can cause stomach upset, vomiting and/or diarrhea

COVID-19 and Infant Feeding

How can you support a parent who is breastfeeding and thinking about using formula, or need to give their baby formula?

- Breastfeeding is the natural way to feed your baby
- Consider re-lactation
- Delay weaning if possible
- Consider the following:
 - Risks
 - Safety
 - Cost
 - Informed Decision

(WHO, 2018; Victora et al., 2016; Unicef UK, 2020)

COVID-19 and Formula Feeding

What do families need to know about formula?

- No shortages
- Have a 4-week supply on hand

(SafelyFed, 2020)

COVID-19 and Infant Feeding: Formula Preparation

- Wash hands before preparing formula
- If presumptive or confirmed COVID - wear a mask
- Wash and sterilize all feeding equipment by following the steps outlined in the following resources:
 - a) Booklet – Infant Formula: What you need to know <https://resources.beststart.org/wp-content/uploads/2018/12/B19-E.pdf>
 - b) Video - Safely Preparing Infant Formula for Your Baby <https://www.youtube.com/watch?v=O5Bo4dQ3CXU&t=12s>
 - c) Formula Preparation Tip Sheets (Series of 6 Tip Sheets) https://resources.beststart.org/wp-content/uploads/2019/06/B43_Formula_Tip_Sheet_no1_2020.pdf
- Ensure responsive cue-based feeding

Resources



Tip Sheets



Video adapted from York Region Public Health



www.breastfeedingresourcesontario.ca

www.beststart.org

COVID-19 and Infant Feeding: Formula Preparation

Extra precautions if presumptive or confirmed COVID-19:

- Wear a mask and wash your hands before and after preparing formula
- Wash and sterilize formula preparation equipment and feeding supplies
- Clean and disinfect surfaces where you are preparing the formula

COVID-19 and Infant Feeding: Breastmilk Expression

Expressing breast milk during COVID-19:

- Hand expression
- Breast pump



press (back towards your chest)



compress



relax



COVID-19 and Food Safety: Preparation and Cooking

- General food hygiene tips remain the same during the COVID-19 pandemic
- Follow usual food safety steps recommended by Public Health
- For additional information, review Ontario Ministry of Health COVID-19 Guidance for Food Premises:
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_food_premise_guidance.pdf

Other community settings: Cleaning

If you do operate other community programming, follow Health Canada Guideline and Ontario Public Health guideline on cleaning and disinfection of public places:

- *Ontario Public Health:*

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

- *Health Canada:*

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-space.html>

Other community settings: Masks for non-medical personnel

- PPE needed for non-healthcare workers caring for someone with COVID-19
- For non-healthcare personnel working in public, routine masking is optional and can be implemented for a "source control"



COVID-19 and Client Transfers

If you transfer a client, consider:

- Covering your passenger seats with plastic easy to clean covers
- Disinfect all high-touch surfaces (handles, elbow rests) twice a day
- If a presumptive case of COVID-19, disinfect the surfaces immediately after the client transfer

COVID-19 and Home care

PPE in the client home:

- Universal masking for all staff providing care to all clients at home.
- Full PPE for clients with confirmed or presumptive case of COVID-19 infection.

QUESTIONS?



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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

For questions, resources and consulting services related to Breastfeeding and Infant Feeding during COVID-19 Pandemic, please contact Yolande Lawson, Health Nexus Health Promotion Consultant at y.lawson@healthnexus.ca

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

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