

Given the evidence for pre-symptomatic and asymptomatic transmission, personal protective equipment (PPE) should be strongly considered if you will be within 6 feet of a patient to provide care, regardless of COVID-19 status.

Strategies to Minimize Viral Spread, Conserve PPE and Maintain Staffing Levels in Case of an Office Outbreak

1. Maximize virtual care via phone or video.
2. Group in-person appointments into blocks.
3. Dedicate one doctor for all in-person visits per half or full day for the entire practice.
4. Do not wear PPE if you are 6 feet or more away from symptomatic or asymptomatic patients. For example, doctors, nurses and admin staff do not need to wear PPE in non-clinical areas.
5. Reserve PPE use for close in-person care.
6. **HAND HYGIENE** will save your life: <https://youtu.be/eW-hmHFo4Oo>
7. **Extended use of Face Mask:** wear the same mask for a bunch of in-person visits in a row **without** removing in between. Do not touch your face mask, and if you do, perform hand hygiene immediately.
8. **Extended use of eye protection/ face shield:** wear the same set of eye goggles/ face shield for repeated in-person visits. Wipe down goggles and store for use the next day.
9. Disposable gowns are in short supply. If reusable cloth gowns are available, wear them and change them between patients. Wash and dry on high heat.

Please save all your used masks. Ontario Health is looking at reprocessing them for ongoing re-use.