



Northern Inter-Tribal Health Authority Inc.



Infection Prevention and Control (IPC) guidelines and recommendations to prevent the spread of COVID-19 and its variants at work:

To continue to protect our patients and alleviate the pressure on our colleagues. All healthcare staff must continue to follow the recommended infection prevention and control guidelines.

Even though we want to get back to business as usual, we must not let our guard down. The pandemic is not over, so we must rally together to help support the health system and our colleagues.

It is imperative to know that the guidance for the general public **is not healthcare guidance** and is **not intended to be applied in the healthcare setting**. Extra precautions are necessary to protect vulnerable patient and resident populations, as well as your colleagues.

To ensure the health and safety of the patients/residents, staff and physicians **must continue to follow** the infection prevention and control guidelines in place, including:

Daily Fitness for Work screening:

- All healthcare staff are required to do the daily temperature check and related screening before each shift.
- Do not come to work if you are experiencing symptoms.

Following continuous masking guidelines and eye protection recommendations:

- All frontline healthcare staff working in the clinics/ health centres, long-term care homes, and home care are required to continue to follow *current continuous eye protection/mask use and PPE guidelines*.

Get tested:

- If you are experiencing symptoms, it is imperative that you are tested for COVID-19.

Be safe when taking breaks:

- All healthcare staff must continue to follow breakroom guidelines that include respecting distancing and not sharing food or holding potlucks.
- Staff and physicians sitting at outdoor tables are expected to:
 - Maintain a minimum 2 metre distance between each person
 - Wear a mask when not eating if a 2 metre distance cannot be maintained

- Put on a clean mask before going back inside.

Get vaccinated:

- All healthcare staff are strongly encouraged to be fully vaccinated (i.e., two doses) to help protect themselves and those around them.

Do not hold in person meetings unless necessary:

- Continue to hold virtual meetings through Webex. Efforts should be made to reduce face-to-face time to the absolute minimum.

Resume services in a safe way:

- The purpose of the above infection prevention and control recommendations is to support operational teams with their planning for the safe resumption of services. Using these recommendations as a framework, LTC homes and all other health care settings may develop their own work standards/processes for specific activities.
- If teams identify any risks or obstacles that could impact their ability to resume services, please bring these forward to the NITHA EOC so that supports can be aligned. Supports can assist with changes that may be necessary to the way services are provided in order to ensure the health and safety of staff/residents/clients.

Additional safe practices:

- Physical distancing wherever possible, without inhibiting patient access to services
- Enhanced cleaning & disinfection
- Hand hygiene on entry and exit from the facility

Developed on November 23, 2021

References

1. Saskatchewan Health Authority (2021). COVID-19 guidelines and recommendations need to be followed while at work. Retrieved from <https://www.saskhealthauthority.ca/sites/default/files/2021-08/29-Safety-Bulletin-FINAL.pdf>