

IT'S COLD AND FLU SEASON

Protect your office with these quick tips



WASH YOUR HANDS

Hands should be washed with soap and warm water for at least 20 seconds and thoroughly dried with a fresh towel or disposable paper towels. If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

PERSONAL PROTECTIVE EQUIPMENT

Where infectious material is likely or unavoidable, staff should wear appropriate personal protective equipment (PPE). A PPE forms a barrier between you and the patient, preventing direct transmission of pathogens.



SPILLS

Patients may arrive at the office with symptoms of illness that require clean up. Anyone involved in the clean up should take appropriate precautions (gloves, masks, gowns) and carefully dispose of any contaminated clean up materials.

CLEAN & DISINFECT EQUIPMENT

Equipment should be cleaned, disinfected, or sterilized between patients. Staff members should be aware of proper techniques, including Health Canada's Universal Precautions.



WORKING WITH CHILDREN

If your office works with children, any toys or exam objects should be carefully disinfected between patients. Play areas should be cleaned and disinfected daily, particularly if a young patient has a visible infection like a cold.

