

June 2, 2020

Masking and Physical Distancing at work

Healthcare workers within NSHA facilities shall adhere to the following guidelines:

Minimize attendance at in-person training sessions to 10 and ensure social distancing in seating arrangements. Screen all participants to ensure they are not experiencing **FEVER > 37.8°C, CHILLS, MUSCLE ACHES, NEW OR WORSENING COUGH, SORE THROAT, RUNNY NOSE, CONGESTION, SNEEZING, HOARSE VOICE, HEADACHE, DIARRHEA, LOSS OF SMELL/TASTE OR UNUSUAL FATIGUE**. If this is the case they should NOT participate. They should remove themselves from the workplace and call the Occupational Health line at **1-833-750-0632**.

Consider the room size and minimize participants to ensure 6 feet or 2 meter distancing, this may require multiple sessions. When physical distancing is not possible ensure all participants are masked and perform frequent hand hygiene.

If group/partner work is required, limit the number of personal contacts by keeping the same groupings or partner. Ensure any close face to face contact is minimized and masks are donned.

Stagger breaks - allowing staff to go in smaller groups. Maintain the group rotation to limit the number of contacts. Ask team members to don a mask if they are unable to physically distance from one another. If staff are eating during breaks ensure they are aware of the proper storage for their mask and that physical distancing is maintained.

Consider transportation options - ensure you can maintain social distancing on public transport, consider alternate options to avoid carpooling with coworkers or other healthcare workers and ensure you are masked when physical distancing is not possible.

Ensure space between seating in staff common areas - cafeterias and other spaces within the organization have been physically altered to allow for distancing. Please do not manipulate the seating in these areas.

Be mindful of physical distancing and masking practices while in the workplace- patients and their supports will look to healthcare workers to model acceptable behaviors.

Limit two people per elevator - consider how many riders are on an elevator when it arrives, consider taking the stairs or waiting for one that allows proper social distancing. [Click here](#) to download the elevator social distancing guidelines poster.