

Training

Sanitization Procedures to be followed in the classroom:

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using restrooms and when touching food.
- At a minimum, hand hygiene will be performed at the following times by all participants and Instructors:
 - Beginning and end of class
 - Before and after meals and snacks
 - Before and after skill practice sessions (when wearing gloves, hand hygiene should be performed before putting on gloves and after removing them)
- Use alcohol-based (at least 70% alcohol) hand sanitizer if soap and water are not available
- Classroom set-up has marked training spaces for each participant which are a minimum of two metres or six feet apart to accommodate physical distancing during classroom activity.
- Classroom cleaning policies and procedures are in place for all equipment utilized in the classroom.
- Facility cleaning procedures have been adjusted to accommodate for additional COVID- 19 cleaning needs including for all common areas in the facility during/after use and during business hours (beyond regularly scheduled end-of-day cleaning).

A course evaluation will be emailed to participants before training day. Please fill out and email back to us with your comments. Thank you. Stay Safe!



Coronavirus disease (COVID-19): Prevention and Risks

Safety Procedures:

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using restrooms and when preparing food
- Use alcohol-based (at least 70% alcohol) hand sanitizer if soap and water are not available
- Disinfect frequently used surfaces - use regular household cleaners or diluted bleach (1-part bleach to 9 parts water). This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of your arm, not your hand
- Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid crowded places and events, especially if you are at higher risk (those at greatest risk include those over 65 years of age, those with underlying medical conditions and those with compromised immune systems)
- Following public health advice related to self-monitoring and self-isolation, if you have travelled or have been exposed to someone ill with COVID-19

Any person concerned about their exposure to or risk of having COVID-19 should first call Health Links–Info Sante at 204-788-8200 or 1-888-315-9257 (toll-free) to ensure they receive medical advice appropriate to their specific health concerns.