

COVID-19 Physical Distancing in Staff and Common Areas

Health care workers are expected to maintain appropriate physical distancing from colleagues, patients and members of the public at all times while at work where PPE is not in use.

The wearing of PPE is a supplement to other routine practices and public health advice, including **staying home when ill** and **ensuring physical distancing** wherever possible.

NOTE: In health-care settings, the ability to maintain physical distancing applies to your interaction with patients/residents/clients as well as your interaction with colleagues and co-workers. This includes care/nursing stations, medication rooms, staff huddle locations, lunchrooms, etc.

Adhere to Provincial Personal Protective Equipment Requirements:

<https://sharedhealthmb.ca/files/covid-19-provincial-ppe-framework-guidance.pdf>

In **non-clinical areas** where 6-foot/2-meter distance from co-workers can be maintained, no PPE is necessary. In public areas, use of a non-medical mask is strongly recommended or may be required.

Where physical distancing cannot be maintained, the principles of reducing contamination of the environment and use of non-medical masks or procedure masks are required.

Staff and Common Areas:

Staff break/lunchrooms are not usually spaces where PPE can be worn, therefore strict compliance with physical distancing is required. Each room/space must be assessed for maximum occupancy under physical distancing requirements. Signage must be posted both inside and outside the room identifying the maximum occupancy. Seating in these spaces shall be restricted to only the maximum occupancy.

- Staff must have immediate access to a sink or ABHR wherever they take breaks.
- Staff must disinfect their eating area prior to and following eating/breaks.
- Staff shall routinely clean and disinfect any kitchen appliance surfaces, handles and interiors (e.g. inside microwave oven, fridges).
- Staff who rest in break rooms must disinfect the surface where they rest before and after use OR utilize linens to cover the surface (and place linens for laundering after use).
- Each room/space must be assessed and have signage posted indicating the maximum occupancy under physical distancing requirements.

Customizable Signage”

[Room capacity – English 8.5”x 11”](#)

[Room capacity – French 8.5” x 11”](#)