



Student Centre Tip Sheet #2: Proper Infection, Prevention & Control Practices

The personal protective equipment we use to protect against COVID-19 is effective when used properly. Here are our **Top 10 Tips** on proper Infection, Prevention & Control practices to keep everyone safe. These tips are applicable to all patient care areas and campuses.

1. Always ensure that your mask is fitted over the bridge of your nose before entering a room to see a patient
2. Eye protection must be universally used with each patient encounter - either with mask-integrated visor or addition of face shield to mask (note that personal eye glasses are not sufficient)
3. Avoid use of stethoscope whenever possible due to risk of self-contamination when bringing hands/stethoscope up to your face
4. Never touch your mask on the unit. If it moves out of position, clean hands and doff it immediately outside patient room and discard
5. Always clean your hands thoroughly after removing gloves then gown from back, and before bringing hands to face to doff eye protection, if applicable
6. Mask/eye protection can continue to be used between patients only if not soiled, damaged, or contaminated
7. Always clean your hands before doffing your mask and doff in a way that pulls the mask away from your body
8. Never re-use your face shield, mask with integrated visor, or n95 mask after it is doffed
9. There is zero tolerance for any gatherings for any reason on or off the unit, and break room maximums must be strictly observed at all times
10. Whenever possible, ask your patient to don their mask when you enter room to provide care. Some cannot tolerate it, but many can and are willing to wear it when receiving care