

alphabee PRO

Meal and Break Periods at Work During COVID-19

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This presentation is for informational purposes only and does not constitute clinical or legal advice. Follow up with a BCBA/BCA/BCBA-Q. It is recommended to develop a specific plan for your child or student.

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Objectives

Main Objectives

- Mealtime and Break Precautions
- Storage of PPE during breaks
- Supervision of clients during breaks

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“The potential for COVID-19 outbreaks is a concern in Ontario workplaces. There is some evidence that transmission may occur during meal and break periods in particular.”

Ontario Public Health

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Precautions During Mealtime

Wear masks at all times when indoors and removing them only to eat and drink.

Anytime you are having a drink or snack ensure you are at least 6ft away from others.

When possible, go outside for breaks and meals.

Ensure you perform hand hygiene before and after your break/meal times.

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Removal of PPE for Re-Use

Note that staff will also be required to remove face shields, sanitize them and place them on the paper towel face down.



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Taking Breaks

During session staff may need to take a food, drink or restroom break.

Staff can cover breaks for other staff.

Breaks should be kept to 15 minutes or less.

Ensure you are wearing your mask and face shield unless eating or drinking and more than 6ft away from anyone.

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Supervising Clients During Breaks

If possible, stay 6 feet away from the client you are supervising during your co-workers break.

If you were within 6 feet of the client you were covering for break, change your mask and perform hand hygiene before returning to your designated client.

At the beginning of your session organize who will cover your break(s) (we want to minimize the number of people in close contact with your client).

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Returning from Breaks

When returning from a break staff must perform hand hygiene and put all necessary PPE back on before coming within 6ft of anyone.

They will then check in on the staff watching their client to see if they had come within 6ft of their client.

If the staff has come within 6ft of your client, you will be required to watch their client so they may perform hand hygiene and change their mask before returning to their client.

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Break Protocol Overview

Setup for your break

- Inform your break partner to watch your client
- Write your name on a paper towel large enough to fit your mask and face shield.

Begin your break:

- Perform hand hygiene
- Safely remove your PPE
- Sanitize your face shield
- Leave the PPE on the paper towel

After your break:

- Perform hand hygiene
- Safely put on your PPE
- Throw away your paper towel & sanitize the surface

Returning from break:

- Check in with your break partner
- Watch their client if needed
- Continue as usual

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Active Student Responding

1. At the beginning of your session you should discuss with your co-workers who will cover your client if you need a break?

- a) True
- b) False

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Active Student Responding

2. You are thirsty during your session, you should:

- a) Step at least 6 ft away from your client, pull down your mask and drink your water, then wash your hands.
- b) Turn away from your client and drink your water.
- c) Step at least 6ft away from anyone in the room, perform hand hygiene, safely remove my PPE, drink your water, perform hand hygiene and safely put back on your PPE and return to your client.
- d) If necessary, ask your designated break partner (decided at the beginning of session) to watch your client while you go and take a drink break).
- e) Both C & D

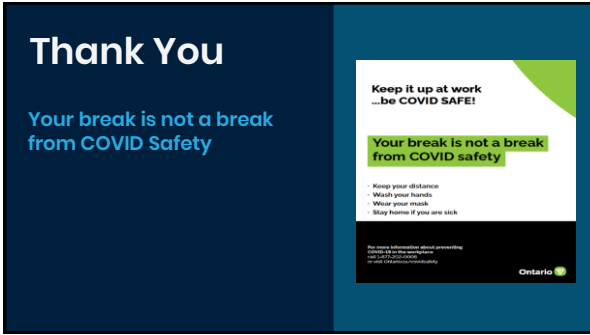
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Active Student Responding

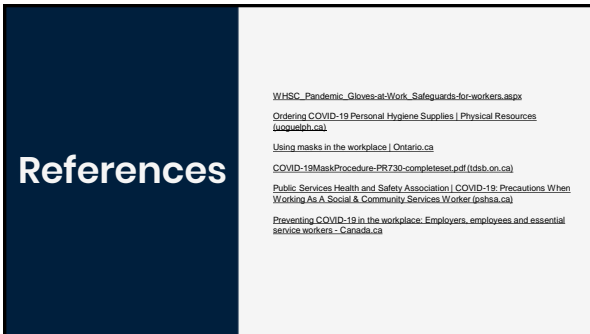
3. While you are watching your break partners client, something happens that results in you coming within 6ft of your break partners client. What do you do?

- a) Perform hand hygiene and return to your client
- b) Change your mask and return to your client
- c) Return to your client once your break partner returns
- d) Both A and B

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