Cohorting and Personal Protective Equipment (PPE) for Overnight Camp Operators and Staff
Notice

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Objectives

After completing this module you will be able to:

• Understand what a cohort is

• Describe how public health measures differ between established and unestablished cohorts

• Describe how to put on and take off personal protective equipment (PPE) including:
  • masks
  • eye protection
  • gloves
  • gowns
Cohorts (Groups)
You and Your Campers Make a Cohort

Cohort: Group of campers and their camp counsellors who have frequent and close interactions. Can also apply to groups of other camp staff (e.g., kitchen staff, administrative staff)

There are two types of cohorts:

• **Unestablished Cohort:** Group has been together for less than 14 days

• **Established Cohort:** Group has been together for more than 14 days with no additional individuals added to the group
Unestablished Cohorts
Appropriate Use of Masks

Make sure that you and your campers know the rules about when, and how, to use your masks (medical or non-medical masks).

<table>
<thead>
<tr>
<th>Within Your Cohort</th>
<th>Outside Your Cohort</th>
</tr>
</thead>
<tbody>
<tr>
<td>• In general, you do not need to wear a mask</td>
<td>• Masks must be worn when physical distancing with another cohort is not possible outdoors</td>
</tr>
<tr>
<td>• Wear a mask when</td>
<td>• When sharing an indoor space with staff/campers from another cohort</td>
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<tr>
<td>• participating in activities involving food preparation</td>
<td>• In common areas when more than one cohort must share accommodation spaces</td>
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<tr>
<td>• When eating inside the dining hall (mask can be removed for eating and/or drinking)</td>
<td>• When travelling with other people outside of your cohort (e.g., camp chartered transportation)</td>
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</table>
**Physical Distancing**

Review with campers when they need to maintain a physical distance of at least 2 m (6 feet) from others

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</tr>
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<tbody>
<tr>
<td>• In general, you do not need to maintain physical distance</td>
<td>• Maintain physical distance from other cohorts</td>
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<tr>
<td></td>
<td>• If sharing accommodation spaces, remain physically distanced from other cohorts while in common areas</td>
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</tbody>
</table>
Established Cohort
Modified Measures

• When cohorts become established:
  • Cohorts can mix with no physical distancing
  • No mask is required
  • Still need to pay attention to good:
    • hand hygiene
    • cleaning and disinfecting
Masks
Masks for Two Purposes

Source control

As a part of PPE

How To Put a Mask On

1. Perform hand hygiene – wash your hands or use hand sanitizer.
2. Pick up mask using ear loops.
3. Expand the mask.
4. Place mask on your face by securing loops around your ears.
5. Adjust mask to cover your chin and pinch metal nose piece (if available) to give a secure fit.

Wearing a Mask Correctly

A well-fitting mask:
• Fits over nose, mouth and chin with no gaping
• Is comfortable so no need to adjust
How NOT to Wear a Mask

- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

How to Remove a Mask

1. Perform hand hygiene – wash your hands or use hand sanitizer.
2. Remove the mask using the ear loops only.
3. Place the mask on a clean surface/storage container with the inner mask facing upwards to avoid contamination.
4. Perform hand hygiene – wash your hands or use hand sanitizer.

Points to Remember

• Store mask(s) appropriately in a clean/dry bag or cleanable container
  • Fold non-medical mask inward
  • Medical mask store with inner side of mask facing upwards
• Change mask when damp, dirty or damaged
• Have a dedicated location to store your mask(s) when not in use
• Medical masks used when assisting an ill person should be removed, discarded and a new one put on
Eye Protection
When to Wear Medical Mask and Eye Protection

- When providing care to a sick camper or sick staff with COVID-19 symptoms
- It is recommended, if staff are having prolonged close contact (less than 2 m) while indoors with someone who is not wearing a mask and not from their own cohort
- Eye protection can include face shields, goggles and safety glasses.
How to Put On Mask and Eye Protection

1. Clean hands for at least 15 seconds
2. Place loops of the mask over each ear
3. Bend the nose bar over the bridge of the nose so that the mask fits snuggly over the nose and mouth
4. Put on eye protection and adjust to fit. Be sure the eye protection fits over your brow
5. Clean hands for at least 15 seconds

Ontario Agency for Health Protection and Promotion (Public Health Ontario); Ontario Healthcare Housekeepers’ Association (OHHA); Canadian Association of Environmental Management. Steps to put on a mask and eye protection [Internet]. Toronto, ON: Queen’s Printer for Ontario; 2013 [cited 2021 Mar 05]. Available from: https://www.publichealhontario.ca/-/media/documents/e/2013/ect-mask-donning.pdf?la=en
How to Take Off Mask And Eye Protection

1. Clean hands for at least 15 seconds
2. Remove eye protection away from face
3. Remove the mask by ear loops away from face and dispose if not reusing
4. Dispose eye protection as directed if disposable or clean and disinfect if reusable
5. Clean hands for at least 15 seconds
Cleaning and Disinfection of Reusable Eye Protection

1. Clean hands and put on a pair of gloves.
2. Wipe the inside of the eye protection first and then the outside.
3. Ensure all surfaces remain wet for the disinfectant contact time (e.g., 1-3 minutes).
4. Rinse with tap water and allow to dry.*
5. Remove gloves and perform hand hygiene.
6. Store the eye protection in a clean, designated area.

- Single use eye protection such as disposable face shields must be safely discarded after one use.
- Always clean and disinfect reusable eye protection according to manufacturer/product instructions when removed.
- If the equipment is damaged or the foam piece of the face shield/goggle straps are visibly soiled, DO NOT REUSE.

Gloves and Gowns
When to Wear Gloves and Gowns

- Gloves and gowns are not routinely used or needed in camp settings
  - Gloves are not needed if touching frequently touched surfaces (e.g., door handles, light switches).

- Gloves and gowns should only be used in specific situations for specific tasks:
  - A gown to protect clothing from contamination when helping ill camper or staff.
  - Gloves to protect the hands from contact with body fluids and contaminated environmental surfaces when camper or staff is ill; and for cleaning and disinfecting purposes as per manufacturer’s instructions.
Points To Remember: Gloves

- Clean your hands before putting on and after removing gloves.
- Gloves are to be single use and discarded after use.
- Do not apply alcohol based hand sanitizer to the outside of gloves.
- Do not use two pairs of gloves at the same time.

Putting On and Taking Off PPE

1. Perform Hand Hygiene
2. Put on Gown
3. Put on Mask or N95 Respirator
4. Put on Eye Protection
5. Put on Gloves
6. Perform Hand Hygiene
7. Remove Gloves
8. Remove Gown
9. Perform Hand Hygiene
10. Remove Eye Protection
11. Remove Mask or N95 Respirator
12. Perform Hand Hygiene

For More Information...

Public Health Ontario Resources

• Cleaning and Disinfection of Reusable Eye Protection
• Daily Camp Operations: COVID-19 Preparedness and Prevention for Overnight Camps
• Pre-camp Planning: COVID-19 Preparedness and Prevention for Overnight Camps

Provincial COVID-19 Guidance

• Ministry of Health COVID-19 Guidance: Overnight Camps and Outdoor Education Centres published on Ministry of Health COVID-19: Guidance for Health Sector
For More Information About This Presentation, Contact:

communications@oahpp.ca

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