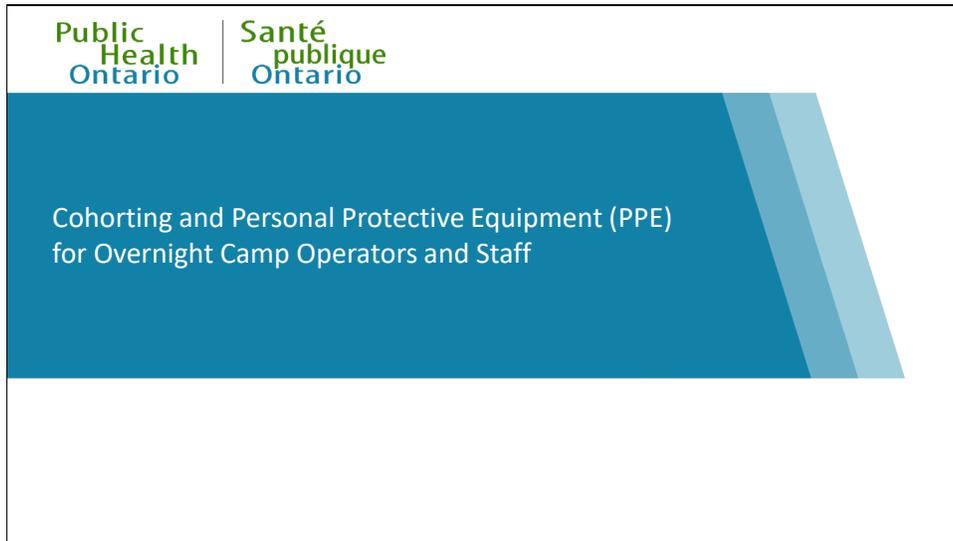


Cohorting and Personal Protective Equipment (PPE) for Overnight Camp Operators and Staff

Transcript: Presentation 3 of 5

Slide 1



The purpose of this presentation is to review the measure of cohorting and use of personal protective equipment in reducing the risk of getting and spreading COVID-19 in an overnight camp setting.

Slide 2

Notice

- This document was developed by Public Health Ontario (PHO). PHO provides scientific and technical advice to Ontario's government, public health organizations and health care providers. PHO's work is guided by the current best available evidence at the time of publication.
- PHO does not develop or approve public health policy or directives. For specific guidance, refer to the Ministry of Health COVID-19 Guidance: Overnight Camps and Outdoor Education Centres.
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Slide 3

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

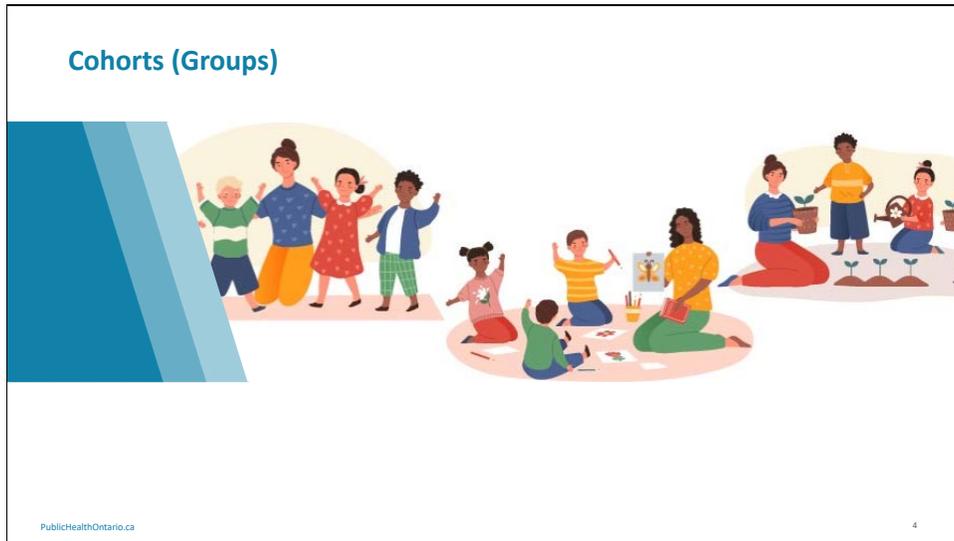
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After completing this module you will be able to:

- Understand what a cohort is
- Describe how public health measures reviewed in previous presentations differ between established and unestablished cohorts
- Describe when and how to put on and take off personal protective equipment (PPE) including: masks, eye protection, gloves and gowns
- If PPE is not put on, worn or removed correctly, this may increase the risk of potential exposure to COVID-19 or other infections.

Slide 4



Assigning campers and staff to groups or cohorts is a measure that will reduce the amount of contact that can happen among people in your camp

Slide 5

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:

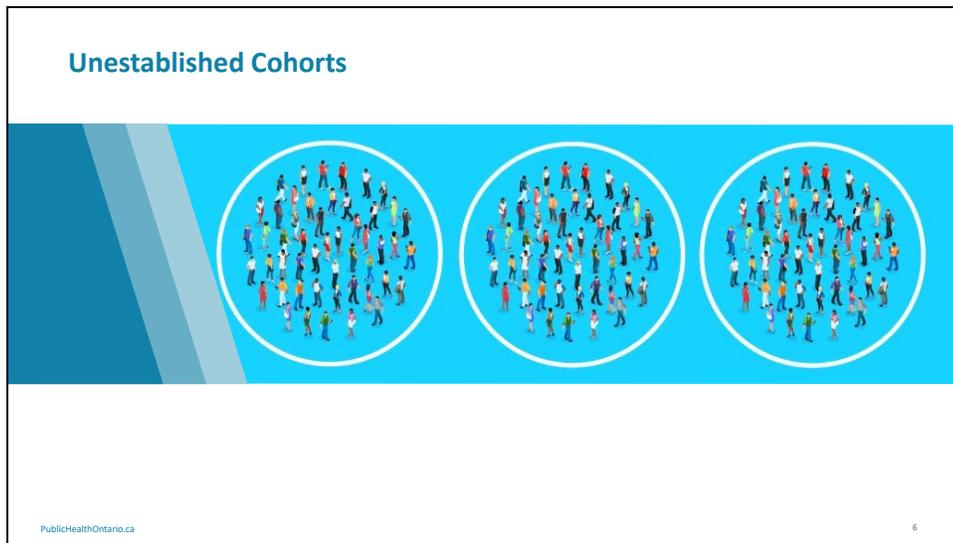
- **Unestablished Cohort:** Group has been together for less than 14 days
- **Established Cohort:** Group has been together for more than 14 days with no additional individuals added to the group

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- The campers that you are assigned to become your group or what is also known as a cohort.
- A Cohort is a group of campers and their camp counsellors who have frequent and close interactions.
- All campers will be sorted into their own groups or cohorts which will likely be based on campers sharing the same sleeping quarters
- Cohorts can also be formed with other camp staff working in the same area like Kitchen staff and administrative staff.
- Groups or cohorts of campers can be classified as unestablished or established.
- Cohorts or groups of campers are unestablished when they first arrive at camp and for the next 14 days
- After 14 days of being together and if there are no new campers or staff that join them, the cohort then becomes an established cohort.
- 14 days is an important milestone because the majority of individuals who develop COVID-19 will get sick within 14 days of getting it from somebody else. The likelihood of someone who has been in your cohort for 14 days with no other exposures getting sick with COVID-19 is low.

Slide 6



- Measures you can take to reduce the risk of getting and spreading COVID-19 will look a little different depending on the status of your cohort, that is if your cohort is unestablished or established
- First let's look at how the measures of masking and physical distancing apply to unestablished cohorts which again are groups that have been together for less than 14 days

Slide 7

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).

Within Your Cohort	Outside Your Cohort
<ul style="list-style-type: none">• In general, you do not need to wear a mask• Wear a mask when<ul style="list-style-type: none">• participating in activities involving food preparation• When eating inside the dining hall (mask can be removed for eating and/or drinking)	<ul style="list-style-type: none">• Masks must be worn when physical distancing with another cohort is not possible outdoors• When sharing an indoor space with staff/campers from another cohort• In common areas when more than one cohort must share accommodation spaces• When travelling with other people outside of your cohort (e.g., camp chartered transportation)

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For unestablished cohorts. It will be important for you and your campers to know the rules about when and how to use, put on and take off masks. This will depend on whether you and your campers are interacting only with individuals within your cohort or interacting with others outside your cohort

Within your cohort, In general, campers and staff in the same cohort do not need to wear a mask with each other

Campers and staff within your cohort should wear a mask when participating in activities involving food preparation and when eating and/or drinking inside the dining hall but the mask can be removed to eat and/or drink

Masks must be worn when there is contact with people outside of your cohort when:

- Physical distancing with another cohort is not possible outdoors
- When sharing an indoor space with staff or campers from another cohort
- When in common areas when more than one cohort must share accommodation spaces
- When travelling with other people outside of your cohort for example when travelling by camp chartered transportation

It's important to provide safe mask breaks especially during periods of high temperature and humidity. Remind campers during these breaks to maintain a physical distance of at least 2 m (6 feet) while their mask is off. Consider having additional masks available so masks can be replaced when removed as they are more likely to be wet during periods of high temperature and humidity.

Slide 8

Physical Distancing

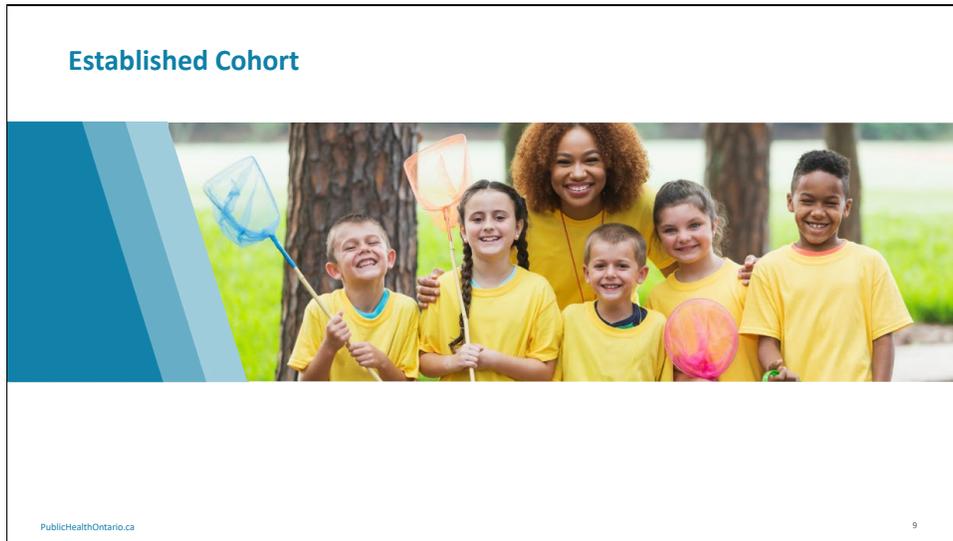
Review with campers when they need to maintain a physical distance of at least 2 m (6 feet) from others

Within Your Cohort	Outside Your Cohort
<ul style="list-style-type: none">In general, you do not need to maintain physical distance	<ul style="list-style-type: none">Maintain physical distance from other cohortsIf sharing accommodation spaces, remain physically distanced from other cohorts while in common areas

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- Now let's talk about what physical distancing would look like in your unestablished cohort of campers or staff
- It is important to review and remind campers in your group of when they need to be physically distanced with others.
- Within your cohort you do not need to physically distance from each other
- However, if for example, your cabin comes into contact with campers and staff of another cabin, physical distance should be maintained between the cohorts
- If your cohort is sharing an accommodation space with other cohorts for example in a building with a common shared space, the separate cohorts should remain physically distanced from each other while in the shared space

Slide 9



After 14 days of being together the group moves from being an unestablished cohort to becoming an established cohort provided no one new is added to your group. Let's examine what masking and physical distancing will look like with established cohorts.

Slide 10

Modified Measures

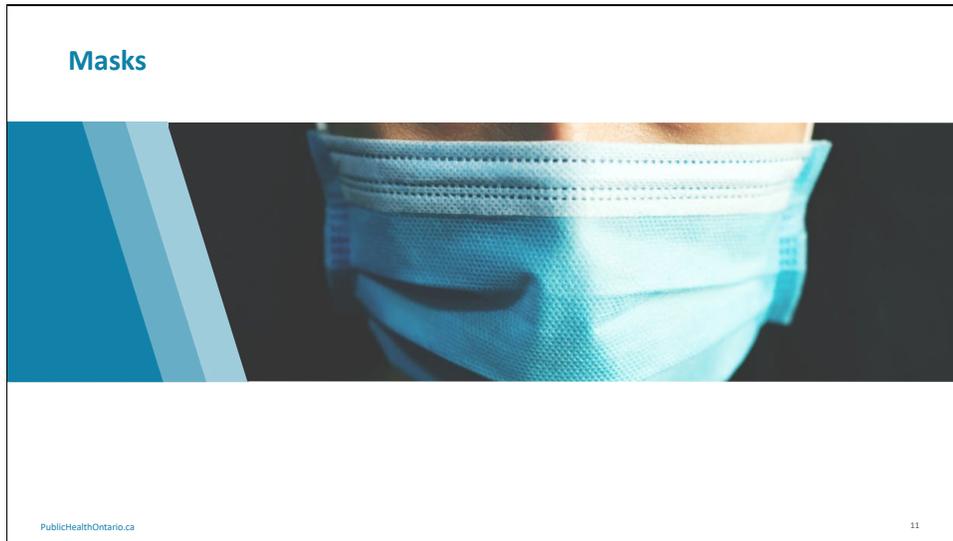
- When cohorts become established:
 - Cohorts can mix with no physical distancing
 - No mask is required
 - Still need to pay attention to good:
 - hand hygiene
 - cleaning and disinfecting

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All established cohorts can now mix and masking and physical distancing is no longer required
But you will still have to pay attention to good hand hygiene and cleaning and disinfecting practices.

Slide 11

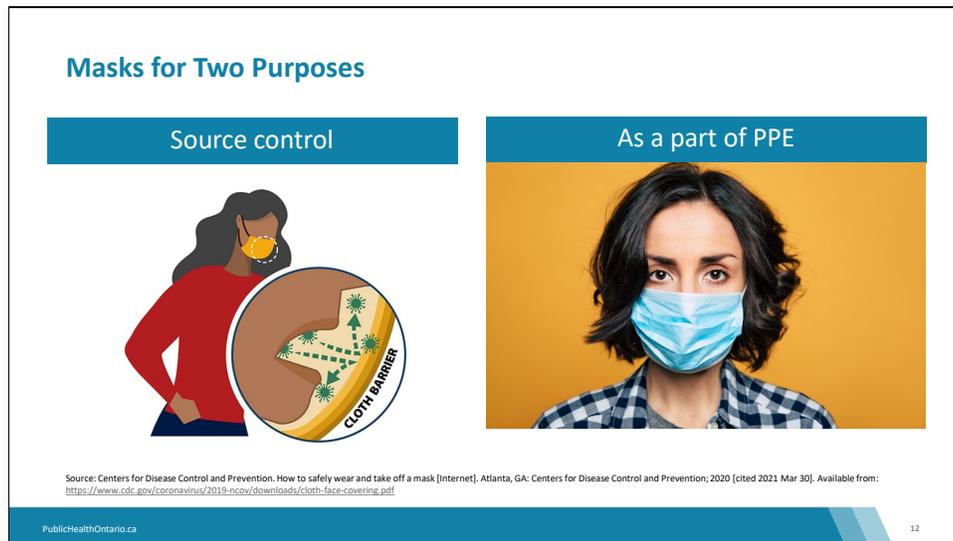


We talked a lot about mask use with unestablished cohorts.

This next section will focus on the basic concepts around the proper use of masks.

We will also be talking about when and how other pieces of personal protective equipment such as eye protection, gowns and gloves, should be used at camp.

Slide 12



Wearing a mask is one intervention to prevent the spread and to prevent someone becoming infected with COVID-19.

Masks serve two purposes.

- The first purpose is for what is called source control. When a mask is used for source control, this means that the mask is protecting others that you come into contact with from your respiratory droplets that leave your mouth or nose.
- Masks used for source control can be a non-medical also known as a cloth mask or a Medical mask
- For source control, masks may need to be worn by campers and staff. This will depend ON the status of your cohort, that is if your cohort is unestablished or established
- The second purpose of a mask is when it is used as personal protective equipment or PPE.
- Wearing a mask as PPE protects you as the wearer from someone you are in contact with.
- Only medical masks are used as PPE

Slide 13

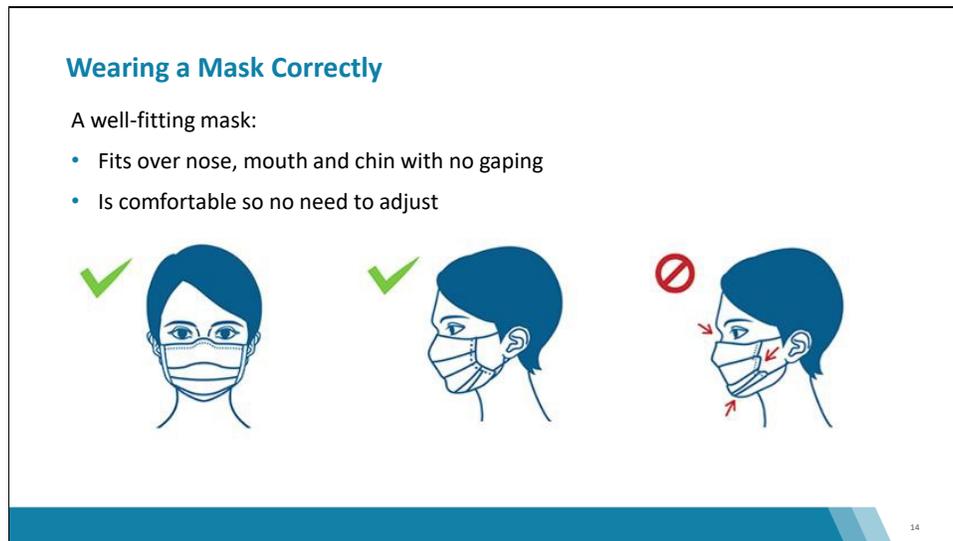


Here we review how a mask should be put on. These steps are important for when you have to put on a mask but also important to keep in mind as you may be assisting or supervising campers putting on a mask. Be a role model/champion for other staff members and your campers by putting on your mask following these steps.

First, clean your hands with soap and water or use alcohol based hand sanitizer.

- Pick up the CLEAN mask using the ear loops
- Expand the mask
- Place the mask on your face by securing the elastic loops/ tie strings
- Ensure there are no gaps between your face and the mask
- Adjust mask to cover your chin and pinch metal nose piece (if available) to give a secure fit
- Do not touch the front of the mask when it is on
- Clean your hands if you accidentally touch the mask as the outside of the mask is considered to be dirty
- Masks that are visibly soiled, damp, damaged, or difficult to breathe through are to be discarded if disposable or should not be used until laundered (if it is a reusable cloth mask).

Slide 14



Regardless of the mask worn and the purpose for wearing the mask, all masks must be worn correctly and fit properly

What does a well-fitting mask look like?

- The mask should fit over nose, mouth and chin, with no gaping;
- If the mask has a wire, smooth that over the nose to help keep the mask in place and to avoid gaping over the nose
- Neck warmers, gaiters, or face shields alone with no mask underneath cannot be worn in place of masks because they do not form a seal around the nose and mouth and may not be made of the recommended material.
- A well fitting mask will be comfortable so there is no need to adjust
- Avoid touching/fiddling with the mask. Clean your hands if you do touch or adjust your mask because the the outside of the mask is considered to be dirty.

Slide 15



Here are a few example of how NOT to wear a mask: do not wear your mask around your neck, on your forehead, under your nose, only on your nose, on your chin, dangling from one ear and on your arm

Slide 16



- On this slide we review how masks should be taken off
- First, clean your hands with soap and water or use alcohol based hand sanitizer.
- Then, remove the mask using the ear loops only
- Face masks that are intended to be reused should be stored in a clean paper bag, envelope, container or something similar that does not retain moisture. The bags should be labelled with the camper's or staff's name and discarded after each use. Containers should be cleaned and disinfected daily after each use. Plastic bags (e.g., sandwich bag) are not generally recommended to use for mask storage due to possibility of trapping moisture.
- Please note, face masks that are damp, dirty or damaged should not be reused and should be discarded if single use, disposable or laundered if reusable.
- After your mask is removed, clean your hands again
- To re-apply your mask:
 - Perform hand-hygiene or use hand sanitizer
 - Pick up the mask from the clean surface/storage container using the ear loops
 - Adjust the mask to your face as indicated in the above steps
 - Perform hand hygiene by washing your hands with soap and water or alcohol based hand sanitizer after you're done

Slide 17

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



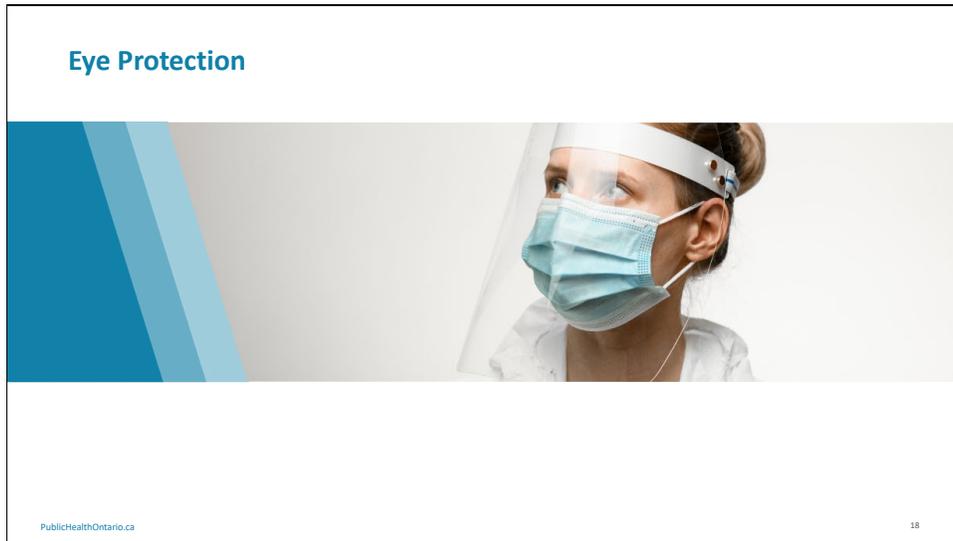
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How do you take care of your mask? Store mask appropriately. Masks can be stored in a clean paper bag, envelope, or cleanable container when you are not wearing it for example when you are eating

- To store non-medical masks, fold mask inward to reduce contact with outside surfaces before inserting it into the container or bag
- To store medical masks, store with inner side of mask facing upwards in the container or bag to prevent contamination
- Do not put the mask in a pocket, or allow mask to hang around neck or arm when not in use
- Remember to clean your hands if you accidentally touch the mask
- Campers and staff should have access to multiple masks so they can be removed and replaced when soiled, damp, damaged or difficult to breathe through.
- It's recommended not to share non-medical masks even if they have been washed or laundered
- In addition, staff must immediately remove, discard, clean hands and put on a new medical mask after they assist a sick person.

Slide 18



This next section looks at the use of eye protection.

Eye protection is an example of personal protective equipment that protect the eyes from splashes, sprays and droplets (i.e. to protect the eyes in case a camper coughs or sneezes unexpectedly). Some examples are goggles and face shields.

Slide 19

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.

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- There will be times when the use of eye protection should be used in addition to using a medical mask and includes:
- When providing care to a sick camper or sick staff with COVID-19 symptoms and
- It is recommended, if staff are having prolonged close contact (less than 2m) while indoors with someone who is not wearing a mask and not from their own cohort
- In these instances, the use of the medical mask and eye protection will be providing protection from other peoples droplets that will be coming from their nose and mouth
- Eye protection can include face shields and goggles.

Slide 20

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 snugly 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.publichealthontario.ca/media/documents/e/2013/ect-mask-donning.pdf?la=en>

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- Because there will be instances when the use of mask and eye protection may be required, it is essential that you are trained in the appropriate use of personal protective equipment or PPE, including the proper order in which equipment is to be put on and removed.
- If PPE is not put on, worn or removed correctly, this may increase the risk of potential exposure to COVID-19 or other infections
- This slide describes how mask and eye protection is to be put on
- The first step is cleaning your hands for at least 15 seconds
- Once hands have been cleaned, put on the mask, then eye protection. And then clean your hands again for at least 15 seconds

Slide 21

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

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Removing personal protective equipment / putting on personal protective equipment [Internet]. Toronto, ON: Queen's Printer for Ontario; 2013 [cited 2021 Mar 05]. Available from: <https://www.publichealthontario.ca/-/media/documents/lanyard-removing-putting-on-ppe.pdf?la=en>

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The steps for removing mask and eye protection are as follows:

- Clean hands for at least 15 seconds
- Remove eye protection away from face
- Remove the mask by ear loops away from face and dispose if not reusing
- Dispose eye protection as directed if disposable or clean and disinfect if reusable
- Clean hands for at least 15 seconds

Slide 22

Cleaning and Disinfection of Reusable Eye Protection

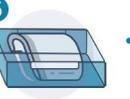
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1 Clean hands and put on a pair of gloves.
- 

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.

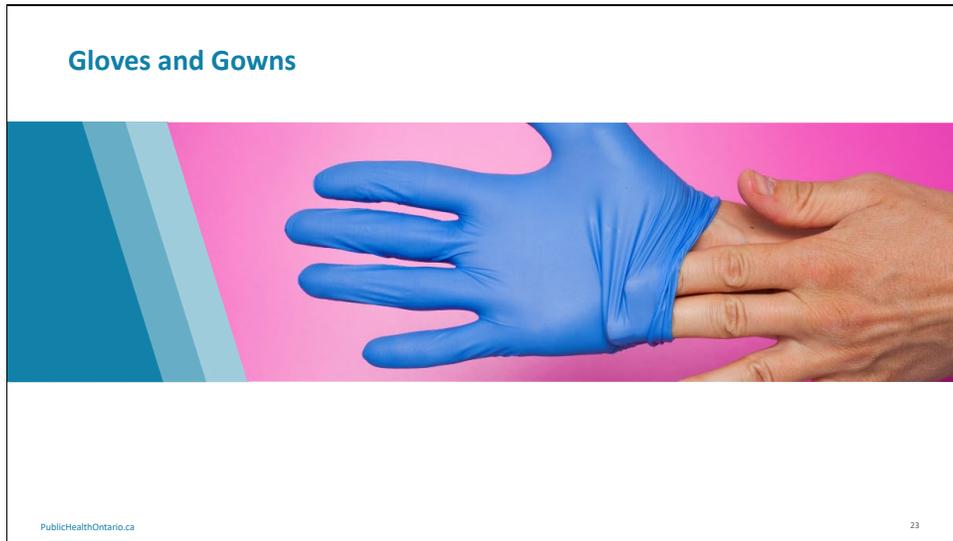
- Single use eye protection such as disposable face shields must be safely discarded after one use
- Always clean and disinfect reusable eye protection according to manufacturer/product instructions when removed
- If the equipment is damaged or the foam piece of the face shield/goggle straps are visibly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

Source: Ontario Agency for Health Protection and Promotion (Public Health Ontario). A resource for health care workers: cleaning and disinfection of reusable eye protection [Internet]. Toronto, ON: Queen's Printer for Ontario; 2021 [cited 2021 Jun 01]. Available from: <https://www.publichealthontario.ca/-/media/documents/nccov/spac/2021/03/covid-19-infographic-cleaning-eye-protection.pdf?ia=en>

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- The camp should provide access to eye protection should you need it.
- Make sure to understand if the eye protection you are using is single use and disposable or if it is reusable. To find out if a product is single use or reusable check the manufacturer's product information.
- Single use eye protection such as disposable face shields must be safely discarded after one use
- If you are using reusable eye protection, this means that it can be reused after proper cleaning and disinfection.
- This is an illustration of how reusable eye protection can be cleaned and disinfected.
- Re-useable eye protection is cleaned and disinfected according to manufacturer/product instructions when removed
- It is important to examine your eye protection for damage before you use it. If the eye protection is damaged or the straps are visibly soiled or dirty do not reuse.

Slide 23



This next section looks at the use of gloves and gowns.

In addition to medical masks and eye protection, gloves and gowns are types of personal protective equipment also known as PPE, that is worn to protect the wearer from an ill person.

Slide 24

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.

Ontario Agency for Health Protection and Promotion (Public Health Ontario). Frequently asked questions: schools and COVID-19 [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 05]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/sch/2020/12/covid-19-faq-schools.pdf?la=en>

Ontario Agency for Health Protection and Promotion (Public Health Ontario). COVID-19 preparedness and prevention in elementary and secondary (K-12) schools: infection prevention and control (IPAC) overview [Webinar]. Toronto, ON: Queen's Printer for Ontario; 2020 [presented 2020 Oct 21; cited 2021 Mar 05]. Available from: <https://www.publichealthontario.ca/-/media/event-presentations/2020/covid-19-ipac-preparedness-prevention-k-12-oct-21.pdf?la=en>

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- There will be times when you may need to wear gloves and gowns.
- Please note that gloves and gowns are not part of the routine PPE for camp settings.
- Gloves are not needed if touching frequently touched surfaces (e.g., door handles or light switches).
- Gloves and gowns should be used in specific situations for specific tasks only. For example:
- A gown can be used to protect clothing from contamination when helping an ill camper or staff and there is a risk of clothing becoming contaminated.
- Gloves can be used to protect the hands from contact with body fluids and surfaces that are contaminated by an ill camper or staff;
- Gloves should also be used when using cleaners and disinfectants if required by the product manufacturer
- For more information on cleaning and disinfecting, see the presentation on Preventing the Spread of COVID-19 for Summer camp on Public Health Ontario's website.

Slide 25

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.

Ontario Agency for Health Protection and Promotion (Public Health Ontario). COVID-19 preparedness and prevention in elementary and secondary (K-12) schools: infection prevention and control (IPAC) overview [Webinar]. Toronto, ON: Queen's Printer for Ontario; 2020 [presented 2020 Oct 21; cited 2021 Mar 05]. Available from: <https://www.publichealthontario.ca/-/media/event-presentations/2020/covid-19-ipac-preparedness-prevention-k-12-oct-21.pdf?ia=en>

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Here are a few points to remember about glove use:

- Clean your hands before putting on gloves and immediately after they are removed
- Hands are often contaminated when a person tries to remove the gloves therefore cleaning your hands after removing gloves is very important
- Throw gloves away after they are used
- Do not put alcohol based hand sanitizer on the outside of the gloves. Doing so can damage the gloves
- Do not use two pairs of gloves at the same time.
- It is important to wear gloves for as short a time as possible, to reduce hand irritation.

Slide 26

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	

1 REMOVE GLOVES	
2 REMOVE GOWN	
3 PERFORM HAND HYGIENE	
4 REMOVE EYE PROTECTION	
5 REMOVE MASK OR N95 RESPIRATOR	
6 PERFORM HAND HYGIENE	

Source: Ontario Agency for Health Protection and Promotion (Public Health Ontario), Removing personal protective equipment / putting on personal protective equipment [Internet]. Toronto, ON: Queen's Printer for Ontario; 2013 [cited 2021 Mar 05]. Available from: <https://www.publichealthontario.ca/-/media/documents/amyard-removing-putting-on-ppe.pdf?fa=en>

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- As mentioned, gowns and gloves are not commonly required for staff to use during day to day activities.
- However, if needed, it is important that you and other staff are trained in the appropriate use of personal protective equipment like gloves and gowns.
- This includes knowing the proper order to put on and take off the equipment.
- If PPE is not put on, worn or removed correctly, this may increase the risk of potential exposure to COVID-19 or other infections.
- PPE is put on before entering the area in which an ill camper or staff you are assisting is isolated
- We previously reviewed how to put on and take off medical masks and eye protection
- This slide outlines the steps for putting on and taking off PPE where gloves and gown is being used.
- Again, cleaning your hands for ATLEAST 15 seconds is the first step in putting on PPE.
- Once hands have been cleaned, put the gown on, followed by the mask, then eye protection.
- Put gloves on last, ensuring that the cuffs of the gown are underneath glove and not on top of them.
- To remove PPE, first remove and discard gloves. Then remove the gown and clean your hands for at least 15 seconds.
- Remove eye protection, then remove the mask. Discard or place removed PPE in the appropriate receptacle. Finally, clean your hands again for at least 15 seconds.
- It may be helpful to post signage where the staff member will be putting on and taking off PPE, especially in the designated isolation area, to remind staff of the steps to be followed in putting on and taking off PPE.

Slide 27

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](#)

If you would like more information, please see the list of resources here.

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For More Information About This Presentation, Contact:

communications@oahpp.ca

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[PublicHealthOntario.ca](https://www.ontario.ca/page/public-health-ontario)

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If you have questions, please email communications@oahpp.ca. Thank you!