



# SportsPerformancePhysio

## Covid-19 Infection Prevention and Control Measures



### Covid19: Infection Prevention and Control Measures

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#### **How long does the virus live on surfaces:**

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

#### **Hand hygiene**

Good hand hygiene is essential to minimise transmission of infectious droplets.

Always wear disposable gloves when cleaning. When finished, place used gloves in a rubbish bin. Wash your hands immediately after handling these items.

Wash your hands thoroughly with soap and water for at least 20 seconds, making sure you dry them thoroughly with a paper towel. You can also use hand sanitiser (containing at least 60 percent alcohol) if soap and water are not available and if your hands are not visibly dirty. If using hand sanitiser, cover all surfaces of your hands and rub them together until they feel dry.

#### **Travel to Appointments**

For home visits the physiotherapist will not travel by public transport. They will use their own vehicle to get to appointments.

#### **Protocol for entering the house (home visits):**

The visiting physio will try their best not to touch the doors or anything else in the house on their way into the designated treatment room. If the Client can open doors for them and provide clear access this would reduce the need for the physio to touch anything. The treatment room must be large enough so that the treatment table can be set up and there be enough room for the client and physio to stay 2m apart as much as possible. There must also be a window that can be left open to allow air flow.

#### **Clinic cleaning**

For home visits the clinical equipment will be cleaned thoroughly prior to and after each appointment

When cleaning thoroughly and efficiently it is good to remember two general principles.

- Top to bottom: start cleaning surfaces higher up and work your way to the floor. This method ensures that any particulates or debris fall to the floor which will be cleaned last.
- Clean to dirty: start by cleaning surfaces and objects that are cleaner and work your way to cleaning dirtier items. Avoid going from an area that has not been cleaned to an area that has been cleaned.

#### **Before treating a Client**

New clothing will be worn for each appointment

Wash your hands before applying PPE

Please open a window in your treatment room and be aware of confidentiality with any noise that might carry. Please explain to the client if asked that flowing air lowers risk of transmission.

#### **Infection control during treatments**

Use a paper towel on the plinth

If you need to use a pillow during treatment do not place on the floor/other surfaces after use before it is cleaned.

If you use any laundry (we will encourage clients to use their own towels) place in a clean pillow case ready for removal at the end of each session

Try to avoid massage products getting on to the plinth and no oil to be used. If there is spillage wipe away immediately using soapy spray to prevent the vinyl cracking.

Client equipment which cannot be adequately disinfected such as elastic loops and bands, massage balls should be purchased for self-use by the patient and brought to each session.

Avoid touching your face during treatments

**Protocol for cleaning equipment between Clients:**

Between each Client, the physio will allow a minimum of 15 minutes to clean all surfaces and equipment using spray and wipes and change PPE.

Clean your hands (with soap and water for 20 seconds) after removing PPE. Change your gloves for cleaning of the equipment. Dry your hands with disposable paper towels.

Using the soap spray provided and a single use paper towel to clean:

- The pillows where applicable
- The treatment plinth including attention to the nose hole area if the patient has been prone

Tuffie Wipes should be used to clean the nose hole after soap cleaning

Tuffie Wipes should be used to clean medical equipment touched by the patient including items such as the treadmill screen or handles, swiss ball

No alcohol wipes or bleach products to be used on the vinyl plinth as this results in the fabric cracking and adds to infection risk. Tuffie wipes/Clinell wipes provided can be used around the nose hole

Laundry

If any item of laundry is used, this will be double bagged and taken away to be washed at 60deg.

No towels or facecloths must be used for wiping massage products off the patient

**Protocol for leaving the room at end of session:**

The visiting physio will try their best not to touch points the doors or anything else in the house on their way out. If the Client can open doors for them and provide clear access this would reduce the need for the physio to touch anything.