

### IPAC Key Reminder: Physical Distancing & Meal Breaks

It is important to be especially careful when taking a meal break, as this involves removing your mask.

Remember these top tips to have a safe break time:

- ✓ **Be aware of spacing**
  - Assign a designated area 2 metres away from other staff and individuals for meals and breaks
    - Make use of private spaces, such as: offices, basements, garages, your own vehicle
  - Stagger breaks with one person at a time in the designated area
  - Keep water bottles separate, only use designated area to have drink breaks
- ✓ **Perform hand hygiene before and after eating**
- ✓ **Be safe when removing your PPE and mask**
  - Touch only the ear loops/straps of your mask when removing it
  - Keep your mask in a clean, breathable container such as paper bag between uses
- ✓ **Clean and disinfect surfaces after eating**
- ✓ **Reapply PPE before reentering staff or individuals' space**
  - Office setting: mask only
  - Group home setting: mask **and** eye protection

