

Infection Prevention and Control (IPAC) Best Practices

The IPAC best practices utilized by Long Lake Physiotherapy minimize the spread of infections, protecting the public and staff from Covid-19. These practices are understandable, attainable and reviewed periodically.

Point of Care Risk Assessment - Please call to reschedule your appointment:

- If you or anyone in your household are exhibiting any symptoms – cough, fever, shortness of breath, or general malaise
- If you have travelled in the last 14 days or have you been in close contact with someone who has travelled in the last 14 days

On Site – Please adhere to the following:

- **Hand Washing/Sanitizing**
 - You will be directed to a hand washing/sanitizing station upon arrival and departure from the clinic. Please follow the directions provided there
- **Social Distancing**
 - You will be asked to wait in your vehicle until your appointment time
 - Foot traffic will be guided by floor decals and signage
- **Minimize the touching of surfaces**
 - Hip bump the automatic door opener to gain entrance/exit to the clinic.
 - There will be no access to public washrooms
- **Use of personal protective equipment (PPE)**
 - We recommend you provide and wear your own mask. Masks are available if you do not have one
 - Your physiotherapist will be utilizing PPE (gloves, masks, and face/eye protection) as recommended by our provincial regulatory board

Cleaning Products/Procedures

- Products include **Dukal alcohol prep pads** (70% isopropyl alcohol), **Virox-5** (accelerated hydrogen peroxide) and **Lysol wipes** (alkyl dimethyl ammonium chloride)
- All treatment beds, equipment, and touched surfaces (light switch, door handle, chair) are cleaned with Virox-5 and a microfiber cloth following use
- All pillow cases, gowns, hot pack covers, and tensor bandages are laundered in hot water and detergent after use
- All gym equipment will be wiped down following use
- Theraband is available for purchase and individual use but will not be shared by multiple patients