

# Guidance on lunch or break room practices during COVID-19

## Prevention

**To prevent the spread of infectious diseases and keep healthy, follow these simple steps.**

- Everyone should be wearing a face covering/mask at all times except when seated to eat or drink
- Maintain a physical distance of two metres (six feet) between people at all times, even if they are wearing a face covering/mask
- Clean your hands before and after eating with soap and water for at least 20 seconds, or use alcohol based hand sanitizer
- Eat in dedicated eating areas. Eating areas should have handwashing stations, cleaning and disinfectant materials, and acceptable space to maintain a physical distance.
- Determine and follow the maximum capacity limit of the lunch or break room
- Remove extra furniture if necessary.
- Schedule alternate/staggered meals and breaks
- Do not share food with others
- Clean and disinfect all appliances before use (e.g., shared items like coffee machines, water fountains, microwave ovens, tables and door handles). Be sure to clean or sanitize your hands after using appliances.
- Cough or sneeze into a tissue or sleeve. Throw used tissues into a covered, lined bin and clean your hands.
- Bring your own reusable water bottle
- Rooms should be well ventilated, if possible
- Clean and disinfect high touch surfaces regularly. Use a disinfectant and follow manufacture's instructions.
- Remove garbage often