

# Covid 19 Level Two Protocol for Re-opening Accent on Skin

The safe delivery of cosmetic medicine procedures is reliant on COVID19 infection control protocols compliant with Ministry of Health and WorkSafe guidelines

The team at Accent on Skin are experienced in managing these infection control guidelines as practitioners (Registered Nurses) and administration staff

The focus of this protocol is on safety of clients and staff, especially as these are non-essential, aesthetic procedures. But this focus will have a wider benefit in preventing community spread

These guidelines are for ensuring safest practice in stopping the spread of COVID19 when resuming Cosmetic Medicine procedures

The primary controls are:

- People with flu-like symptoms to stay home
- Ensuring physical distancing
- Disinfecting surfaces
- Maintaining good hygiene, including hand hygiene and good cough/sneeze etiquette
- Keeping records to facilitate contact tracing

## PROTOCOL

### 1. Client Advice on Arrival

- a) Social distancing of a minimum 1m to optimum 2m, on arrival and throughout reception and exit from premises
- b) Hand sanitiser to be used on entry to clinic
- c) Client asked if they have reviewed the Screening Covid 19 health questionnaire provided prior to appointment
- d) If not, a questionnaire provided for perusal
- e) If they indicate yes to any of the symptoms, they must rebook and recommendation to seek medical advice and/or testing
- f) The client should be provided discretionary access to gloves and face mask
- g) Client asked to warn staff if they need to cough or sneeze for adequate protection to be in place. Have ready access to tissues for this reason

## 2. Consultation and Treatment

- a) Client to sign a copy for file NB client aware contact details can be assessed in contact tracing
- b) Removal of any mask worn by the patient may be required if the area of examination includes the peri-oral region. Or decline treatment in this area
- c) Practitioner to cleanse hands with sanitiser or soap and water, and wear gloves during procedure
- d) Surgical masks, gloves and protective apron should be worn by practitioner during procedures
- e) The area of treatment should be cleansed with antiseptic- chlorhexidine. Area allowed to dry before proceeding with any treatment. The patient should be instructed not to touch their face
- f) After each treatment, all contact surfaces should be fully treated with alcohol or similar antiseptics and the room not reused until surfaces are dry
- g) After each client's treatment is finished, practitioner should go and wash hands with soap and water
- h) Special precautions should be taken when treating around or inside the mouth as this is a much higher risk field
- i) NB Treatments with plume producing lasers e.g CO2 and RF needling, practitioner must use a N95 and safety glasses as usual protocol, as viruses are known to be present in plume
- j) IPL should be used with caution

All other duties of care should proceed and occur as previously practiced

## 3. The Clinical Environment

- a) One-way client flow as much as is possible e.g.
  - Reception desk- hand sanitiser, review questionnaire, to sofa
  - Sofa to treatment room- consult and treatment
  - Treatment room to reception desk- pay and hand wash
  - Exit
- b) High touch areas such as door handles, desks, tabletops and eftpos should regularly be wiped with Azo wipes
- c) Importantly, 1m minimum to 2m ideal, social distancing between all persons constantly except in treatment
- d) Only booked the client is to attend appointment, no extra persons to accompany them
- e) Other people entering premises couriers etc, to be added to appointment screen for potential tracing

# General Information for Staff

## How does COVID-19 spread?

- COVID-19 spreads from person to person through droplet transmission
- Droplets are small pieces of saliva, which are produced when a person coughs or sneezes
- Droplets usually travel no further than one metre through the air

## You can become infected if:

- You have close contact with an infected person who coughs or sneezes
- You touch an object (e.g. door handle) contaminated from a cough or sneeze from a person with COVID-19 and touch your eyes, nose or mouth
- Droplets cannot go through skin and can only lead to infection if they touch your mouth, nose or eyes

Stop the spread.... We are all responsible, it's a group responsibility

## Handwashing

- The most important thing you can do to protect yourself is to wash your hands regularly with soap and water or rubbing an alcohol-based sanitiser onto your hands
- This is important because washing your hands kills viruses that may be on your hands
- Watch these videos to see how you wash your hands and this video to show you how to use hand sanitiser
- Hand rub <https://www.youtube.com/watch?v=ZnSjFr6J9HI>
- Hand wash <https://www.youtube.com/watch?v=3PmVJQUcm4E>

## Try not to touch your face

- Avoid touching your face as much as possible
- This is important because virus containing droplets on your hands can be transferred to your eyes, mouth or nose where they can infect you
- Most of us touch our face many times per hour without realising
- Try to stop yourself touching your face, and encourage others to do the same

## Social distancing

- Maintain at least 1.5 metres distance between yourself and anyone who is coughing or sneezing
- This is important because if you are too close to someone you might breathe in droplets they cough or sneeze

- If you are further away than 1.5 metres, it is very unlikely that you will breathe in droplets that might contain COVID-19
- Remember that COVID-19 can be transmitted by droplets that can be passed from hand to hand including handshakes

## Cleaning and disinfection

- Regular cleaning of your environment, at home, in your car and at work is essential
- This is because droplets from an infected person can fall on a surface, and be transferred to someone else's hands if they touch the surface
- You should regularly clean frequently touched surfaces, for example, tables, doorknobs, light switches
- To clean use a detergent solution according to the manufacturer's label
- Remember to check the product label for any precautions you should take when using it, such as wearing gloves or making sure you have good ventilation

## General reminders for safe usage of medical/surgical masks

- Always perform hand hygiene before putting on a mask
- Always perform hand hygiene before and after removing a mask
- Do not touch your mask or face while wearing a mask
- Once mask is on, only touch loops, ties, or bands to remove
- Replace a mask if it becomes damp, damaged, or has been worn for more than four hours
- Do not re-use single-use masks and dispose of immediately upon removal
- Practice other Infection Control Protection measures, including the 5 moments for hand hygiene and physical distancing

## What if I develop symptoms of COVID-19?

If you develop symptoms such as fever, dry cough, sore throat and fatigue, you should:

- Stay at home and practice standard infection control precautions
- Seek medical advice from your usual medical practice, it is important to call ahead first or
- **Contact the Healthline team on 0800 358 5453 or +64 9 358 5453**
- Inform your workplace

## Key messages for COVID-19

You can help protect yourself, your family, your workplace and your community

- Practice regular hand hygiene
- Practice social distancing
- Practice respiratory etiquette
- Seek medical advice, remember to call first, and inform your workplace if you have symptoms
- For further information go to:

<https://covid19.govt.nz/covid-19>

<https://www.health.govt.nz/system/files/documents/pages/hp7353-ppe-ipc-poster-community-care-providers-28mar20-v3.pdf>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals/covid-19-advice-all-health-professionals>

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

[https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

<https://www.hha.org.au/hand-hygiene/5-moments-for-hand-hygiene>