



COVID-19 Best Practice Social Distancing Guidelines on Shift

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This document provides guidance to reduce the spread of COVID-19 among members. All members should practice this guidance during all work-related activities.

Station:

- Do not come to work if you are sick. Use Self Screening Checklist and Guidelines to inform your decision.
- Minimize physical contact. Avoid hugging and shaking hands.
- Choose designated seating arrangements for the entire shift.
- Assume that Decon has not occurred: Clean before you use, then clean after you use.

Limit optional contact with personnel and objects. Never assume Decon has occurred.

Medical Response:

- Follow Agency and King County EMS guidelines.
- Use proper PPE.
- Limit the number of personnel entering a residence.

Use PPE according to Guidelines.

Fireground & Training

- On AFAs at high-risk environments (i.e. care facilities) follow Agency's best practice for turnout gear/SCBA/post-event Decon.
- Do not share tools or equipment without gloves on.
- Limit audience of debriefings to Company Officers. Have them relay information to the crews.

At post-fire activities, in staging, during debriefings, maintain a 6-foot radius among members.

Food & Meal-time Etiquette

- Do not leave or accept leftovers from shift to shift.
- Limit trips to the grocery store, bring food from home as much as possible.
- If participating in group meals, ensure every member has thoroughly washed hands. Do not pass plates/utensils out, instead get them for yourself.

Limit cross-contamination opportunities by maintaining chain of custody of your food.