



CANADIAN ASSOCIATION OF OPTOMETRISTS  
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

## Information for Members on Coronavirus (COVID-19)

The Canadian Association of Optometrists is committed to supporting its members by providing reliable information to support practices in the wake of concerns related to the spread of Coronavirus (COVID-19) across the country.

Members are encouraged to monitor the situation in their own cities and towns, and keep apprised of reliable and evidence-based sources of information.

The [Public Health Agency of Canada](#) provides regular updates on:

- Current situation, including the numbers of confirmed cases in Canada;
- The risk to the Canadian population; and
- How Canada is monitoring the spread of the virus.

### **To prepare and protect: How to help your patients, your team and yourself**

#### **Front line tips**

- Wash your hands often, before and after providing treatment. Encourage patients to wash their hands often while in the clinic.
- Place additional signage in and around the clinic to encourage regular handwashing.
- Maintain social distancing; one-meter distance between you and anyone who is coughing or sneezing.
- Avoid touching your eyes, nose, mouth, and face.
- Cough into your elbow.
- Ensure that alcohol-based hand sanitizers and/or a handwashing station is available.
- Ensure that staff wash down equipment frequently – e.g. following patient use.
- Contact patients in advance of their appointments reminding them not to come into the clinic if they are experiencing symptoms of infection. If they are, reschedule their appointment.
- Hold regular team meetings with staff to review this information and provide any updates.
- In instances where you have to be in close proximity to your patient, consider wearing protective gear like masks especially if a patient is exhibiting signs of respiratory infection or has a history of recent travel to a high risk region.

#### **Ensure your team has the information it needs**

- [What Health Professionals Need to Know](#)
- [Symptoms of Coronavirus](#)
- [Coronavirus Disease \(COVID-19\) Technical Guidance](#)
- [Advice on the Use of Masks in the Community, During Home Care, and in Health Care Settings](#)
- [CAO's Infection Control Guidelines](#)