

Hydration Stations

© 2021 Alberta Health Services

This information sheet was developed by Royal Alexandra Hospital SCP for surgery staff.

If you have any questions or comments regarding this information please contact the Infection Prevention & Control at ipcsurvstdadmin@ahs.ca.

Recommendations

Healthcare workers congregating and removing masks and eye protection temporarily to eat, drink, chart, and/or socialize is a risk for COVID-19 transmission. Several outbreaks amongst healthcare workers have occurred at acute care sites across the province due to breaks in Personal Protective Equipment (PPE) and related donning and doffing while eating and drinking during shifts.

The following guidance provides a safer approach to help protect yourself and your colleagues by designating “hydration station” areas in the workplace.


- Only consume food and beverages in appropriately designated areas (break areas, food court, hydration stations if available in your area).
- For brief beverage breaks, conduct the following PPE doffing process in a designated “hydration station” before imbibing:
 - perform hand hygiene;
 - doff eye protection and mask;
 - perform hand hygiene;
 - hydrate;
 - perform hand hygiene;
 - don clean eye protection and mask;
 - perform hand hygiene.
- Staff should never touch their “T-Zone” (eyes, nose, mouth) with unclean hands and should always clean their hands after touching potentially contaminated PPE.
- Signage designating a “hydration station” should be posted in an area where it is safe to consume beverages.
- Communal eating and sharing of food and beverages are not allowed ([Food Celebrations at Work](#), and [Staff Tips for Eating and Drinking at Work](#) refer to [PPE Steps Poster](#)

Healthcare workers require regular hydration and nutrition to sustain themselves throughout their shifts; however, the above processes must be followed in order to help prevent potential COVID-19 transmission in the workplace between staff, colleagues, patients and families.

For more information contact
ipcsurvstdadmin@ahs.ca
© 2021 Alberta Health Services, IPC

Original Date: March 18, 2021
Revised Date: May 12, 2021
ECC Approved: May 3, 2021

Hydration station concept

4-Ws	Rationale
Who	<ul style="list-style-type: none"> Healthcare workers require hydration and nutrition to sustain themselves while on shift: see Hydration Station.
What	<ul style="list-style-type: none"> Healthcare workers congregating and removing masks to eat/drink/chart/socialize on the unit is a risk for COVID-19 transmission.
Why	<ul style="list-style-type: none"> A designated area to eat/drink on the unit—a “hydration station”—provides a safer approach to help protect healthcare workers, patients, and visitors from COVID-19 transmission.
How	<ul style="list-style-type: none"> Water, beverages, and food should only be consumed in these appropriately designated hydration station areas, such as a kitchen area or free counter area. Adequate signage demarcating the hydration station, proper hand hygiene, donning and doffing of PPE should be in place, see PPE Poster. Hand hygiene is essential in this process and requires a minimum of 4 times to have a drink of water. Healthcare workers should never touch their T-Zone (eyes, nose, mouth) with unclean hands and should always clean their hands after touching potentially contaminated PPE. Proper PPE and sinks/hand sanitizer should be well-stocked in these areas. Physical distancing of 2m/6ft should be maintained.
	



This work is licensed under a [Creative Commons Attribution-Non-commercial-Share Alike 4.0 International license](#). The licence does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner.

Disclaimer: This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

For more information contact
ipcsurvstdadmin@ahs.ca
 © 2021 Alberta Health Services, IPC

Original Date: March 18, 2021
 Revised Date: May 12, 2021
 ECC Approved: May 3, 2021