

Hydration Stations: Infection Prevention and Control Recommendations

Site Applicability

All PHC Sites

Practice Level

All staff

Need to Know

Principles

- Healthcare workers (HCWs) need regular hydration and nutrition to sustain themselves throughout their shift. However, removing masks temporarily to drink is a risk for COVID-19 transmission.
- Adherence to proper donning and doffing of Personal Protective Equipment (PPE) prior to and after drinking during shifts is required at all times.
- A hydration station is a clean designated area for storing and drinking water/beverages which provides safe approach to protect HCWs from COVID-19 transmission when the staff lounge is too far away or inaccessible for a quick hydration break.

Guideline

Safe Hydration

- Water/beverages should only be consumed in these designated hydration station areas outside of patient care areas, such as in a kitchen/staff lounge or on an empty counter away from patient/staff traffic preferably at the corner and/or facing the wall. IPAC may be consulted for appropriate location of the hydration station if needed.
- Beverages should be stored in enclosed/lidded containers/bottles, labelled with the owner's name. All containers are cleaned with a disinfectant wipe at beginning and end of shift and taken home at the end of shift.

The hydration station is defined with Safe Drinking Zone and Safe Hydration steps signage's (attached).

- The hydration station should be cleaned and disinfected at least once a day and when visibly soiled.

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- A box of masks, disinfectant wipes, and alcohol-based hand rub should be accessible in these areas.
- Physical distancing of 2 metres should also be maintained.

Steps

To consume a beverage follow the process below in a designated hydration station:

- 1) Perform hand hygiene
- 2) Doff mask, and eye protection if worn. Discard mask
- 3) Perform hand hygiene
- 4) Hydrate
- 5) Perform hand hygiene
- 6) Don clean mask and eye protection

Related Documents

1. [B-00-16-13004](#) - Cleaning and Disinfection of Equipment/Devices/Surfaces – Infection Control.

References

Saskatchewan Health Authority. (2021). *Infection Prevention and Control Recommendations- Hydration Stations*. Retrieved from <https://www.saskhealthauthority.ca/news/service-alerts-emergency-events/covid-19/PPE-infection-prevention-control/Documents/Infection%20Prevention%20and%20Control/General/CV-19-G0126-IPAC-Hydration-Stations.pdf#search=hydration%20station>

Appendices

- [Appendix A: Safe Drinking Zone](#)
- [Appendix B: Safe Hydration Steps](#)

Appendix A: Safe Drinking Zone

This is a **STAFF HYDRATION**

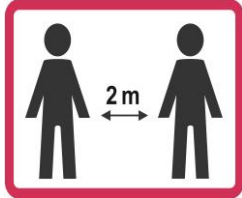

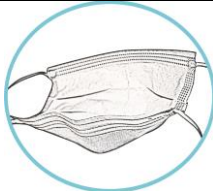






Please follow PPE and Hand Hygiene processes

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Appendix B: Steps for Hydration

Safe Hydration Steps

1		Keep two meters distance from others
2		Hand Hygiene
3		Doff mask and eye protection if worn. Discard mask.
4		Hand Hygiene
5		Hydrate
6		Hand Hygiene
7		Don Clean clean mask and eye protection

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