

RECOMMENDATIONS for Dining Rooms, Kitchenettes and Break Rooms



Most transmission takes place during breaks and meal times. Since the instruction to wear a mask at all times cannot be applied at these times, the areas set aside for eating must be subject to tighter measures.

LAYOUT OF BREAK AND LUNCH ROOMS

- Maintain 2 metres between each seat. If necessary, provide additional rooms, change the schedule, or ask staff to eat in their offices.
- Create and maintain stable groups for break and lunch periods.
- Indicate seating with visual markers (e.g., stickers).
- Avoid crowding by indicating the direction of travel (e.g., entrances/exits, access to microwaves and sink, etc.).
- Remove nonessential items (magazines, newspapers, knickknacks, etc.).
- Put up posters reminding people of the public-health guidelines.
- Ventilate break and lunch areas for approximately 10 to 15 minutes at least twice a day, ideally before and after each workers use such areas.
- Install plexiglass barriers, if necessary, as an addition to physical distancing.
- Have a person in charge of and a schedule for cleaning frequently touched surfaces (tables, chairs, refrigerator handles, faucets, counters, microwave, coffee maker, etc.).
- Provide workers with cleaning and disinfecting products.

All of these recommendations also apply to outdoor dining or break areas.

INSTRUCTIONS FOR BREAKS AND MEALS

Train and inform staff on the sanitary measures to be followed:

- Remove your mask only when you start eating and put it back on immediately afterwards.
- Maintain physical distancing at all times.
- Do not move the furniture.
- Respect the visual markers indicating seating and direction of travel.
- Do not trade or share utensils or food.
- Disinfect equipment after use (e.g., refrigerator handles, and microwaves) and wash dishes with hot water and soap.
- Wash your hands before and after:
 - putting on or taking off your mask;
 - breaks and meals.
- Wear a mask and keep your distance when walking outside with colleagues.

ADDITIONAL INFORMATION

- **Institut national de santé publique du Québec (INSPQ)**
inspq.qc.ca/en/covid-19/occupational-health
 - o Symptom questionnaire
 - o Employer and worker training
 - o Other tools by sector of activity
- **Commission des normes et de l'équité en santé et sécurité du travail (CNESST)**
cnesst.gouv.qc.ca/en/prevention-and-safety/covid-19
 - o COVID-19 kit for all sectors
 - o Questions and answers
- **Ministère de la Santé et des Services sociaux (MSSS)**
publications.msss.gouv.qc.ca/msss/en/sujets/covid-19
 - o Documentation, posters, and stickers on various subjects: mask wearing, distancing, handwashing, etc.