

MoH – Information Guidelines

Staying Safe in Hotels During COVID -19 Outbreak

With Covid-19 all around the world a lot of things we thought were simple are now a lot more stressful. Something as easy as travelling for a meeting/business now has a lot more factors to consider. Employees should plan work to avoid or minimize overnight stays where possible.

When avoidance of overnight stays is not possible here are some facts to put your mind a little more at ease from the Saskatchewan Hotel & Hospitality Association on what they are doing, as well as some things you can do to make your stay as safe as possible.

Hotels are doing the following:

- Routine cleaning and disinfection of frequently touched objects and surfaces is being done (e.g. telephones, keyboards, door handles, desk and tables).
- Promoting hand hygiene by making sure that staff, contractors, and visitors have access to hand washing facilities and providing alcohol based hand sanitizer in prominent places.
- Ensuring dishes and cutlery in shared kitchen areas are cleaned thoroughly with detergent and dried thoroughly before being stored for re-use.
- Avoiding leaving food and snack items (e.g. chip bowls, open sandwiches) exposed and open for communal sharing unless individually wrapped.
- Cleaning, disinfecting and ventilating rooms between every guest's stay.

Guests are being asked to:

- Wash hands often with soap and water; or use alcohol based and hand sanitizer.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Wherever possible, avoid direct contact with people that have a respiratory illness and avoid using their personal items such as their **mobile phone**.
- Cover coughs and sneezes (nose and mouth) with disposable tissues, dispose of these in the nearest waste bin after use. And the wash your hands/ use Alcohol Based Hand Sanitizer.
- Maintain physical distancing and wear a non-medical or cloth mask when in common areas.

Are pools and gyms safe to use?

- Hotel gym and pool facilities are subject to the same rules and guidelines as public gyms and facilities.
- If the hotel fitness area and pool are open, protocols you will see in place include:
 - Gym areas must have restrictions on number of people allowed to ensure adequate physical distancing.
 - Hand washing stations and disinfecting products for the equipment must be readily available.

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- Single use towels only.
- Individual use drinking water.
- Masks must be worn at all times, with the exception of aquatic activities.
- Masks can be removed while in a pool; they must be worn in common areas and when on the pool deck.
- For full details refer to [Gyms and Fitness Facilities Guidelines](#)

Is it safe to use fans or air conditioning in my room?

- Recirculated air from split air conditioning units, fan coils or any system that runs with a recirculation mode should be avoided where possible, unless in a single occupancy room with no one else present.
- If recirculation is unavoidable, increase outdoor air exchange by opening windows, if possible and safe to do so, and minimize air blowing from one person directly at another.
- Floor or ceiling fans can provide ventilation when the people occupying the room are from the same household, but are not recommended when travelers from different households are together.

For additional or up to date information visit: <https://www.skhha.com/>

World Health Organization: [COVID-19 Staying at hotels and accommodation establishments](#)