

MASKS

Q: When do I need to wear a mask?

A: Sewn/cloth or surgical masks (where adequate supplies are available) must be worn upon entering the home and will be worn at all times* unless it is necessary to remove them (e.g. to eat). Remove masks following the instructions on the “**What Mask to Wear, When (Poster)**” on covid19.chconnect.org.

Q: Can I use my own homemade sewn mask?

A: Generally, yes. Again, these must be kept and washed properly. There may be rare instances in which the mask is not of sufficient quality, in which case you will be asked to use the ones provided.

Q: How do I wash or take care of my sewn mask?

A: All masks should be washed before the first time they are used. Check mask for any signs of wear or tear, and that it has not been previously worn before donning (putting on).

Either the person taking off the mask should put it directly into the washing machine before leaving, or the used mask should be placed in a bag that can be emptied directly into the washing machine. After performing hand hygiene, employees will don gloves before handling laundry or emptying the bag into the washing machine. Dispose of the bag that held the soiled masks. Cloth masks can be laundered with other items using a hot cycle (60-90°C), and then dried thoroughly. Perform hand hygiene with soap and water immediately after handling dirty laundry. When drying, ensure that the masks do not shrink. Keep masks in sanitary environments while drying and until next use (e.g., when dry, they can be placed in a clean zip-locked bag or closed plastic container until next use).

Q: Can I use my sewn mask in other places, like the grocery store?

A: That depends. Are you there on behalf of Christian Horizons? In order to conserve supplies, we do ask that the masks we provide are only used while working on behalf of Christian Horizons.

Q. How many sewn masks can I use?

A: Generally, you will only need one sewn mask per shift. If it becomes quite wet or soiled, or if you are working a shift longer than 8 hours, you may need to change it out and we understand this.

Q: When do I switch from a sewn mask to a surgical mask?

A: You can choose to wear a surgical mask if that is more comfortable for you. As our flowcharts on covid19.chconnect.org identify, enhanced Personal Protective Equipment will be required when there is a confirmed or suspected case of COVID-19 at the location (i.e. moving from the sewn mask to the surgical/procedural mask as well as other full PPE). When you are within two meters of a confirmed/suspected person or in a quarantine zone, you must don *enhanced PPE* (surgical mask, gowns, and gloves). If the person supported will not self-isolate in their room or all people in the home show symptoms of COVID-19, enhanced PPE must be worn upon entering the home. Gloves and masks should be changed between supporting people and gowns and goggles should be changed upon becoming soiled or wet.

Personal Protective Equipment (PPE)

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You must also wear a surgical mask and gloves at all times when you are self-isolating at work (you have been exposed to COVID-19 while at work but are not experiencing any symptoms and have not tested positive for COVID-19). This includes while waiting for test results.

As indicated earlier, if you are supporting someone outdoors, or in a home that is not air-conditioned, and the temperature is over 24° Celsius, you are welcome to use a surgical disposable mask instead of a cloth mask. If we get to a concerning level, we may need to return to cloth masks to preserve our supplies.

When performing cleaning/disinfecting, you may be directed by the manufacturer to wear a surgical mask. Always follow the manufacturer's recommendations (FMR). Read the label for directions on dilution and mixing; personal protective equipment (PPE) needed; surfaces appropriate for use; contact time; and rinsing requirements.

Q. Are sewn masks Personal Protective Equipment?

A. Good question! It's actually a bit different, because sewn or cloth masks are really intended to protect those around you rather than to protect you. So, it will help to protect people, but those people are the people around you! Again, you will move to full PPE when there is a suspected or confirmed case of COVID-19.

Q: Besides sewn and surgical masks, are there any other types of masks that I maybe required to wear at work?

A: Yes, if you are performing a procedure that produces aerosols (ex. nebulizer, suctioning, CPAP) with someone who has a suspected or confirmed case of COVID-19, you must wear an N95 respirator. Please note that N95 respirators cannot be used unless you have been fit tested by someone certified to perform a fit test on the particular respirator that you are looking to wear.

Q: How will I know if my surgical/commercial mask is faulty and defective?

A: A properly designed surgical/commercial mask should cover from near the bridge of your nose to down under your chin and stretch about halfway or more toward your ears. When both elastic loops are placed behind your ears, the mask should fit snugly against your face (there should be no gap between your face and the mask) so that droplets cannot enter inside the mask. If your commercial mask has pleats (the accordion looking part of the mask), the folded side should be down. Don't forget to complete your LMS training so that you can learn how to put on a commercial mask properly and continue to wear it well; the training video shows you how to put on and take off PPE, including masks. The **What Mask to Wear, When** poster on covid19.chconnect.org specifies how to put on a mask.

ACTIVE SCREENING PPE

Q: When I am actively screening someone else entering the location, what PPE do I need?

A: A surgical mask and goggles or a face shield must be worn when performing a screening on others as per the **COVID-19 Screening Protocol**. The person being screened must wear a sewn/cloth mask.

ENHANCED PPE

Q: What PPE do I wear if a staff member has tested positive for COVID-19, but no person supported is showing symptoms?

A: Surgical masks and gloves have to be worn by employees at all times. Masks, gloves, and a lined garbage can (that opens without the use of your hands) will need to be stored at the entrance of the house for this purpose.

- **Gloves** must be changed after providing personal care, when performing a different procedure with the same individual (i.e. moving from administering medication to providing hygiene support), and after cleaning. NEVER reuse gloves.
- **Masks** are changed only when they become soiled, wet, or torn.
- **Dispose** of used masks and gloves in a lined garbage bin that opens without the use of your hands. Always use gloves to remove garbage.

WHERE TO DON AND DOFF PPE

Q: When someone is under quarantine, where can I put on and take off PPE?

A: All donning of PPE must be done before entering the quarantine area as per the [Quick Guide PPE Donning and Doffing Instructions](#). When leaving the quarantine area, all PPE must be taken off after leaving the quarantine area as per the [Quick Guide PPE Donning and Doffing Instructions](#), or as directed to do so by your local public health. Ensure that the “Quick Guide PPE Donning and Doffing Instructions” poster is posted outside the quarantine zones. Masks, gloves, and a lined garbage bin (that opens without the use of your hands) will also be stored at the entrance of the house. In addition, a sign should be posted communicating that the person under quarantine has a droplet contagious illness and full PPE is required when entering the room (see [covid19.chconnect.org](https://www.chconnect.org/covid19) for [Quarantine Zone PPE Caution](#) poster).

- **Gloves and masks** must be removed and replaced after leaving the quarantine area or between supporting people if more than one person is in quarantine in the same area. Follow donning and doffing instructions on [covid19.chconnect.org](https://www.chconnect.org/covid19).
- **Gowns and goggles** must be removed when leaving the quarantine area or replaced if they become soiled or wet. Follow donning and doffing instructions on [covid19.chconnect.org](https://www.chconnect.org/covid19).

STORING AND CLEANING PPE

Q: Where should we store and clean PPE?

A: All PPE will be set up either in the neutral zone or outside the room where the person is being quarantined as per Public Health’s guidelines. This area will contain hand sanitizer, antibacterial wipes, masks, gloves, goggles, and gowns. The area will also have a touchless garbage bin with large plastic bags. There should be a separate storage area for clean gowns and goggles and a laundry bin for used reusable gowns. Goggles/face shields should be thoroughly disinfected after each use (follow the disinfectant and

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cleaning instructions below). Used PPE should never come in contact with clean PPE or materials that store clean PPE. Masks, gloves, and a garbage can will also be stored at the entrance of the house.

Q: Where can I place my personal belongings when someone is under quarantine?

A: Employees must keep their cell phone and personal belongings in a plastic bag in the neutral area or in their car— no cell phones or devices are allowed in the quarantine zone since they cannot be properly sanitized.

Q: How do I clean my goggles or face shield?

A: Always adhere to recommended manufacturer instructions for cleaning and disinfection.

When manufacturer instructions for cleaning and disinfection are not available, consider the following:

Step 1	While wearing new gloves, carefully wipe the <i>inside, followed by the outside</i> of the goggles/face shield using a clean cloth saturated with dish detergent or disinfectant wipe .
Step 2	Allow to dry. Note: If using dish detergent, rinse with water and remove excess water first before allowing to dry.
Step 3	Wipe the inside following the outside with alcohol.
Step 4	Allow to dry.
Step 5	Remove gloves and perform hand hygiene.

Source: Public Health Ontario