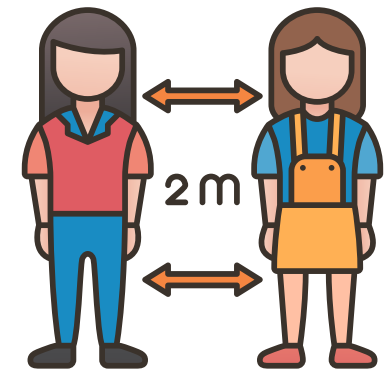
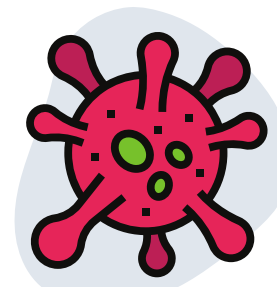


COVID-19 Learning Resource for Families

The following information was adapted from learning materials provided to all GSSD staff and students. The materials were developed by our medical health experts from the Cygnus Group.

Resource Videos

- [Viruses vs. Bacteria \(What's The Difference?\)](#) 5 mins 49 seconds
- [Infection Control Practices in a Classroom & How Germs Spread](#) 10 mins 20 seconds
- [PHAC Hand Hygiene Video](#) 54 seconds
- [WHO - How to hand rub? With Alcohol-Based Formulation](#) 1 min 18 seconds
- [Physical Distancing](#) 1 min 14 seconds
- [Information on When and How to Use a Mask](#) 1 min 32 seconds
- [Removing Mask](#) 2 mins 38 seconds



Facts About Personal Protective Equipment (PPE)

Masks

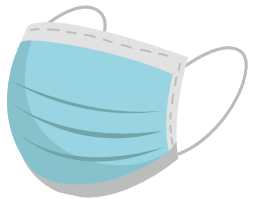


The mask is worn to contain large particles and the eye protection protects your eyes from exposure to droplets (other people's germs). Masks should be used as part of a comprehensive 'Do it all!' approach including: physical distancing, avoiding crowded, closed and close-contact settings, improving ventilation, cleaning hands, covering sneezes and coughs, and more.

Masks generally fall into several categories:

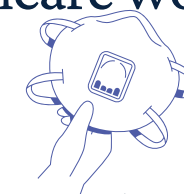
Procedure and Surgical Masks

- They both provide the same level of protection. However, procedure masks have ear loops and surgical masks have ties. Procedural Masks/Surgical mask the names are often interchanged. These masks are not in the same category as KN95 or N95.
- Are worn to 'keep chunks in' and keep big chunks out. They do not keep airborne viruses out. They reduce the risk of you spreading your droplets.
- Worn when risk of bodily or other fluids/debris may come in contact with your mouth such as: mixing fluids, dust, dirt



N95 and KN95 Masks

- 'N' means NOT resistant to oil; '95' means filter out 95% of airborne particles under standard conditions.
- Since procedural masks do not create a tight seal to ensure all the air the person is inhaling is filtered, healthcare workers and those that are exposed to high levels of risk of transmission wear these medical grade N95 and KN 95.
- There are many different shapes of N95 masks as there are many different shapes of faces.
- Typically N95 masks are properly fitted for a perfect seal in a procedure called a 'fit test' (\$150/person) however, because caretakers will come in contact with much more viral particles in their workplace even. Even without fit testing respirator masks provide more protection against any droplets that may become airborne. They are very expensive and any healthcare worker will tell you they are not very comfortable to wear.



Cloth Masks



- Cloth or fabric masks are advised for use by the general public when physical distancing cannot be maintained, as part of a comprehensive 'Do it all!' approach, including improving ventilation; cleaning hands; covering sneezes and coughs, and more. Cloth masks are a key measure to reduce transmission of COVID-19. Cloth masks reduce potential exposure risk from an infected person whether they have symptoms or not. People wearing masks are protected from getting infected. Masks also prevent onward transmission when worn by a person who is infected.

Face Shields

- Face shields are worn when there is risk of bodily or other fluids/debris may come in contact with your eyes or when you might find yourself approaching a situation where body fluids may be present.
- If face shields are not available, then protective eye goggles that seal to the face and if a person wears glasses they must also have protective goggles that provide protection so fluids cannot enter from above, side or below.
- ALWAYS WASH YOUR HANDS AFTER FACE SHIELD REMOVAL because you might have come in contact with a contaminant while you were removing your face shield.

