

Face Shield and Goggles Info Sheet

We have been directed by Ottawa Public Health to ensure all volunteers wear eye protection in the form of either a face shield or eye goggles when a contactless delivery at the door or a 2m (6 foot) distance cannot be maintained. This is **in addition** to wearing a surgical (medical) mask (ASTM level 1 minimum).

Volunteers will be provided with a reusable face shield or goggles, based on their preference, and should always have them on hand when making a delivery.

Unlike the mask, face shields and goggles **do not** have to be worn for the entire a shift. Do not drive while wearing a face shield or goggles. Follow the procedures below for putting on and taking off equipment.

Face shields:



Face shields have a transparent window or visor supported in front of the face and provide protection to the facial area and related mucous membranes (eyes, nose, lips). They're made up of a plastic or Plexiglas panel that curves around the face and an elastic band or adjustable strap that holds the panel in place.

A face shield is not a substitute for wearing a face mask as it does not filter respiratory droplets. A face shield may provide some protection for the wearer against droplets expelled from another person, however these droplets may still be inhaled around the shield. Respiratory droplets expelled by the wearer may escape around the sides of the face shield, which therefore provides less protection to others. Therefore, a face shield should be worn **in addition** to a properly fitted mask.

How to wear a face shield:

- Sanitize your hands before putting on your face shield
- Put shield on with the panel in front of your face. The panel should extend well past the chin and curve around the sides of your face. There should not be any gaps between your forehead and the shield's headpiece.
- Adjust the strap as needed
- When taking off the face shield, sanitize your hands before and after taking it off
- The headband is considered 'clean' and may be touched with the hands. The front of the face shield is considered contaminated. Remove by handling sides or back only. Place in a separate bag and clean after use.

Cleaning your face shield with soap and water:

- Wash your hands with soap and water or use hand sanitizer
- Do not remove or submerge the foam piece in water. Gently clean the surface (inside and outside) with soapy water and a soft sponge or cloth
- Rinse and gently dry with a soft towel (cotton or microfiber) or allow it to air dry
- Clean the foam headpiece separately with a sanitizing wipe
- Wash or hand sanitize your hands again

Cleaning your face shield with antibacterial wipes:

It's possible to clean a face shield with antibacterial wipes, but be careful because they can leave a residue. You can also sanitize your face shield with 70% isopropyl alcohol wipes. Do not use a window or household cleaner on your face shield as it could potentially damage it.

- Wash your hands with soap and water or use hand sanitizer
- Place face shield on a clean surface
- Wipe the inside and then the outside with one wipe
- Repeat wiping the outside with a second wipe
- Fully air dry on a clean surface
- Wash or hand sanitize your hands again

You can use the face shield repeatedly as long as it's not warped, damaged or cracked. If your face shield becomes damaged, don't try to fix it. Please let Meals on Wheels know and we will provide you with a new one.



Goggles:

How to wear goggles:

- Wash your hands with soap and water or use hand sanitizer
- Ensure your goggles fits properly. They should cover from the eyebrow to the cheekbone, and across from the nose to the bony area on the outside of your face and eyes.
- Strap should fit comfortably over the temples and ears
- The frame should be as close to your face as possible and supported by your nose bridge
- Gaps between the edges of the goggles and your face should be at a minimum
- You should be able to see in all directions without any major obstructions in your field of view
- When taking off the goggles, sanitize your hands before and after taking them off
- The strap of the goggles is considered 'clean' and may be touched with the hands. The front of the goggles is considered contaminated. Remove by handling the straps only. Place in a separate bag and clean after use

Cleaning your goggles with soap and water:

- Wash your hands with soap and water or use hand sanitizer
- Submerge goggles in warm, soapy water first to get any surface contaminants off
- Gently clean the surface (inside and outside) with a soft sponge or cloth
- Rinse and gently dry your goggles with a soft towel (cotton or microfiber) or allow it to air dry
- Wash or hand sanitize your hands again

Cleaning your goggles with antibacterial wipes:

It's possible to clean your goggles with antibacterial wipes, but be careful because they can leave a residue. You can also sanitize your goggles with 70% isopropyl alcohol wipes. Do not use a window or household cleaner on your goggles as it could potentially damage them.

- Wash your hands with soap and water or use hand sanitizer
- Place goggles on a clean surface
- Wipe the inside and then the outside with one wipe
- Repeat wiping the outside with a second wipe
- Fully air dry on a clean surface
- Wash or hand sanitize your hands again

Keep face shield and goggles in a clean, safe place where they won't get scratched or contaminated by other objects.