

## Face Shield Info Sheet

We have been directed by Ottawa Public Health to ensure all volunteers wear a face shield 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 and should have them on hand when making deliveries.

Unlike the mask, face shields **do not** have to be worn for the entire a shift. Do not drive while wearing a face shield.



**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 face mask.

### How to wear a face shield:

- Sanitize your hands
- Put shield on. The panel should extend 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 hands with soap and water or use hand sanitizer
- Do not remove or submerge the foam piece in water. Clean both sides of the panel 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 with a sanitizing wipe
- Wash hands or use hand sanitizer again

### Cleaning your face shield with antibacterial wipes:

When using antibacterial wipes, be careful it does not leave any residue. You can also sanitize your face shield with 70% isopropyl alcohol wipes. Do not use a window or household cleaner as it could potentially damage it.

- Wash 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 hands or use hand sanitizer again

You can reuse the face shield 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.