



University
of Idaho

PERSONAL PROTECTION FOR COVID-19: GLOVES AND FACE MASKS

ENVIRONMENTAL HEALTH & SAFETY

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OVERVIEW

Returning to work after quarantine presents many unique challenges for the university community. In this brief presentation, we will review the following areas:

- I Healthy habits for hygiene when returning to work.
- I Proper use of face masks and gloves.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- When in public, wear a cloth face covering over your nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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GOOD HYGIENE PRACTICES

Due to COVID-19's ability to be transmitted through the air and persist on surfaces, the University of Idaho wants to prepare our workforce with good hygiene practices to follow as they begin returning to work.

- I** Encourage your employees to take personal protective measures (e.g., stay home when sick, handwashing, respiratory etiquette).
- I** Clean and disinfect frequently touched surfaces daily (door handles, desks, bathrooms, etc.). Cleaning surfaces in high traffic areas will help reduce the chance of spreading the virus.
- I** Ensure hand hygiene supplies are readily available in buildings. Wash hands with soap and water frequently– see the CDC guidelines for proper hand washing technique: <https://youtu.be/eZw4Ga3jg3E>
- I** If soap and water are not available, use a hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Cover all surfaces of your hands and rub together until dry.
- I** When washing your hands frequently, pay attention to your skin health. If your skin becomes too dry, this can potentially lead to an increased risk of infection due to the skin barrier breaking down. Make sure to moisturize your hands after washing them.

USE OF PPE

According to the CDC and the World Health Organization, the use of PPE in public areas is recommended.

At the university, face coverings are required inside all university buildings, with limited exceptions, and outdoors when social distancing of at least six feet is not sustainable. [See President Green's memo from June 9.](#)

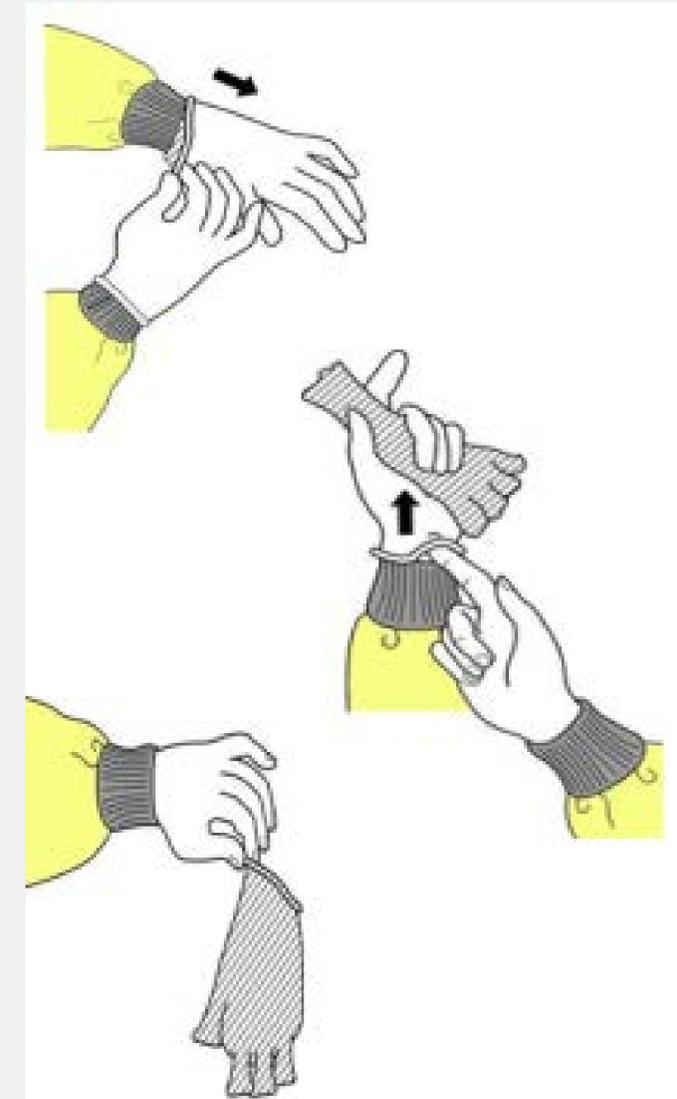


USING GLOVES



A method of maintaining good hygiene is by using gloves, which provide a barrier between you and the hazard.

- I** Not all gloves are the same and can deteriorate with time and exposure to chemicals. If you use alcohol-based hand sanitizer, make sure your hands are completely dry before putting on a pair of gloves.
- I** Change your gloves throughout the workday because gloves can become contaminated and spread infection.
- I** For those who wear gloves, make sure to remove the gloves in a way that limits contaminating yourself. You will probably notice your gloves will become sweaty.
- I** Wash your hands with soap and water after removing your gloves.



FACE MASK VS RESPIRATOR



A **face mask** is a loose-fitting, often disposable device that creates a physical barrier between the mouth and nose of the wearer and potential contaminants in the immediate environment.

- I** Face coverings protect you against large-particle droplets and does not effectively filter inhaled small particles, fumes, or vapors.
- I** Face coverings are meant to protect others as well in case you are infected.
- I** Currently the CDC recommends cloth face coverings or surgical masks for use by the general public – **not N95** respirators.

A **respirator** is designed to achieve a very close facial fit and very efficient filtration of airborne particles. N95, KN95, FFP1, N99, and N100 dust masks are all considered respirators.

- I** Respirators put stress on the wearer's lungs and make it more **difficult to breathe** so you must be medically approved before using one.
- I** Respirators are **not designed for children or people with facial hair**.
- I** Employees that require this level of protection based on job duties must be medically approved, trained and fit-tested annually through the university's Respiratory Protection Program.



VS



FACE MASK DIRECTIONS

When you wear a face mask, these guidelines will help you to use it correctly.

- 1) Face masks are only effective if used in combination with good hand hygiene (wash your hands whenever putting on and after taking off a face covering).
- 2) Before donning your mask, always check the covering for damage such as tears in the fabric. When placing onto your face, make sure it is worn correctly (usually the lighter cloth side is positioned to be on the inside).
- 3) Some masks have a top and bottom side; if your mask has a metal strip make sure this top side is positioned on your nose. To fit the mask on your face, pinch the metal strip so that it molds to the shape of your nose.
- 4) When you wear a mask, don't touch it throughout the day. Don't continually pull it up and down as this increases the risk of contamination.
- 5) You may reuse your mask if it is properly disinfected and in good condition.



USING DISPOSABLE FACE MASKS



If using a surgical mask and following social distancing practices, the likelihood of the mask being contaminated is very low.

Removing disposable face masks:

- 1) Wash hands with soap and water or apply hand sanitizer before you remove the mask.
- 2) When taking off the mask, pull it from the straps behind your ears and avoid touching the front or inside of the mask.
- 3) Discard the mask into a waste bin and then wash your hands.

In general, face masks are meant to be disposable and should be replaced when they start to get damp.



REUSABLE FACE COVERINGS

- 1) Wash hands with soap and water or apply hand sanitizer.
- 2) When taking off the covering, pull it from the straps behind your ears and avoid touching the front or inside of the covering.
- 3) Wash hands with soap and water or apply hand sanitizer after handling used coverings.
- 4) Reusable cloth face coverings should be washed at 140° Fahrenheit after each day's use.
- 5) After washing, visually inspect for damage or distortion in shape or form. If damaged or distorted, discard the covering.

