



Maritime Forces Atlantic  
Defence Team  
COVID-19 Guidelines

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## Public Health Measures (PHM)

Behaviors and actions, including the wearing of non-medical equipment, such as Non-Medical Masks (NMMs), which reduce the risk of transmission of the COVID-19 virus:

- ◆ Physical distancing (at least 2 meters);
- ◆ Respiratory etiquette (coughing or sneezing into your elbow or a tissue);
- ◆ Hand discipline: frequently washing your hands thoroughly, and avoiding hand-to-face contact;
- ◆ Not coming to work if you are ill;
- ◆ Supervisors, managers and all levels of leadership in MARLANT not allowing ill persons in the workplace; and
- ◆ Wearing a NMM (protects others from you) when 2 metres of physical distancing cannot be maintained you and another person.

**NMM:** A non-medical mask is a disposable or cloth re-usable mask that fully covers the nose and mouth to prevent respiratory droplets from contaminating people or things in the immediate vicinity of the wearer. See instructions for use on backside of this brochure.



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## COVID-19 Protective Zones

The following zones categorize COVID-19 exposure risk for individuals:

- ◆ **Home Zone:** Place of duty is at home or in self-isolation;
- ◆ **PHM Zone:** Duties and work environments, where 2 metres of physical distancing **can** be maintained;
- ◆ **PHM Zone - Enhanced:** Duties and work environments where 2 metres of physical distancing **cannot** be maintained;
- ◆ **PPE Zone:** Duties and work environments that involves coming in contact with known COVID-19 infected or symptomatic individuals, their belongings or environment; and
- ◆ **PPE Zone - Medical:** Healthcare providers and first responders who provide patient care to known COVID-19 infected or symptomatic individuals.



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## Personal Protection Equipment (PPE)

**When in PPE Zone:** Surgical mask and nitrile or impervious gloves (e.g. latex, butyl rubber gloves, dishwashing gloves, waterproof gloves).

**When in PPE Zone - Medical:** Surgical mask and nitrile or impervious gloves (e.g. latex, butyl rubber gloves, dishwashing gloves, waterproof gloves), safety glasses or safety goggles and disposable commercial coveralls.

The use of respirators (e.g. N95 respirator) is not recommended, except in healthcare settings when particular high risk procedures are being performed.

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## What is the Risk of contracting COVID-19?

If you follow all PHMs and properly use PPE (when required) the risk of contracting COVID-19 is LOW.

## Concerns?

Reach out to your supervisor or your Workplace Health and Safety Committee Representative or UGSO. If not available, contact MARLANT SE at [+N48FormationSafetyandEnvironment@forces.gc.ca](mailto:+N48FormationSafetyandEnvironment@forces.gc.ca) or 902 427-1571.



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## **Handling and Use of a Non-Medical Mask, Gloves and Eyewear**

- ◆ Ensure your NMM stays clean, dry and intact.
- ◆ Only handle NMM with clean hands.
- ◆ Disposable NMM should be disposed of if saturated with moisture, no longer sealing, or damaged.

## **How to Don a Non-Medical Mask, Gloves and Eyewear**

- ◆ Wash hands.
- ◆ Put on NMM.
- ◆ Place NMM over nose and under chin.
- ◆ Secure ties, loops or straps.
- ◆ Mould metal piece to bridge your nose as required.
- ◆ It should fit well (non-gaping).
- ◆ Don eye protection as required.
- ◆ Wash your hands.
- ◆ Put on gloves if required.
- ◆ Avoid touching NMM while in use.
- ◆ Change a cloth mask once it gets damp or soiled or at a minimum every four hours.



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## **How to Doff a Non-Medical Mask, Gloves and Eyewear**

- ◆ Grasp outside edge of gloves near the wrist and peel away, rolling the glove inside-out; reach under the second glove and peel away and discard immediately.
- ◆ Wash your hands.
- ◆ Remove eye protection as required by handling ear loops, sides or back.
- ◆ Discard disposable eyewear or place into appropriate container for cleaning at a later time. Personally-owned eyewear shall be cleaned by the individual after each use.
- ◆ Untie bottom tie then top tie of mask, or grasp straps or ear loops. Pull forward off the head without touching the front of the mask, bending forward to allow mask to fall away from the face and discard if disposable and or retain or if re-usable for cleaning later.
- ◆ Dispose of discarded NMM or gloves in a waste bin lined with a plastic bag. Place re-usable masks in a plastic bag for later washing. When disposing of the garbage, take care not to touch discarded NNM or gloves.
- ◆ Wash your hands.
- ◆ Cloth masks/face coverings can be laundered with other items using a hot cycle, then dried thoroughly.



**Maritime Forces Atlantic  
Points of Contact**

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## **Health Service (for CAF personnel)**

Halifax Triage/Appointment PCN:  
(902) 721-0537

Halifax Treatment Room:  
(902) 721-8794

Shearwater Triage/Appointment PCN:  
(902) 720-2006

After Hours Duty PCN: (902) 402-6832

**CAF Member Assistance Program**  
1-800-268-7708

**Military Family Information Line**  
1-800-866-4546

**Mental Health Crisis Line**  
1-888-996-0991

**Military Family Violence Support**  
(902) 721-5722

## **Public Service Employees**

**EAP/Health Canada Employee Assistance Services**  
1-800-268-7708 or 1-800-567-5803 (hearing impaired)