

ADVICE ON PERSONAL PROTECTIVE EQUIPMENT FOR FRONTLINE WORKERS

The Ministry of Health, Environment, Culture and Housing is providing the following information on using personal protective equipment (PPE) to help you stay safe as you carry out your duties on the frontline.

First Responders:

If you are an **Emergency medical services (EMS) worker**, follow your employer's infection prevention and control and other related protocols to ensure proper use and disposal of all PPE used while on shift.

First responders like **Fire Service, Police, CBC and WORC officers** who are in the community should wear masks and disposable gloves while on duty, and ensure you follow social distancing protocols as much as possible.

If you are in a situation where you are **in close contact with a symptomatic person** who may have COVID-19 (such as during an essential interview at less than 6 feet distance, or arrest and restraint), the Ministry advises you to wear the following:

- **Mask:**
 - » a fluid repellent surgical mask. You should mould the metal strap of the surgical face mask over the bridge of the nose and ensure that the mask fits snugly under your chin, and around or across any facial hair if present.
 - » If you wear a homemade mask, ensure the mask fits snugly and is absent of any holes or tears in the fabric.
- **Disposable gloves.**
- **Also wear the following if you have them:**
 - » a disposable plastic apron,
 - » disposable eye protection (such as a face visor or goggles).

Guidance from the National Police Chiefs' Council (United Kingdom) through Public Health England says that surgical masks may be used for approximately eight hours, although the mask will need to be replaced if it becomes damp or contaminated.

General advice for people in non-healthcare settings

Masks and face coverings:

- **Do** use a mask if you are not able to perform physical distancing. The Ministry recommends using homemade masks (cotton-material) for non-healthcare settings to ensure surgical masks and N95 masks are saved for medical professionals and those who are sick and showing symptoms.

- **Don't** touch the outside of the mask as this is where any droplets may have landed. Only touch the elasticated string when putting the mask on or taking it off.
- **Do** wash your homemade masks after daily use at high temperature with household washing detergent. Ensure that you have a variety of homemade masks available if washing every day is impractical.
- **Don't use an unwashed homemade face mask more than once.**
- **Do** – if you wear a surgical mask – safely dispose of the mask in a garbage bin immediately after use. Surgical masks should be used for single use only.

Gloves:

- If your business requires you to use gloves due to the nature of your work (e.g. cleaning and disinfection services):
- **Do** continue to follow your regular health and safety guidelines.
- **Do** remember that disposable gloves are made for single use. It is still possible to pick up COVID-19 on gloves, therefore **regularly washing your bare hands offers more protection against catching COVID-19 than wearing gloves.**

Eye protection:

- If you work within 6 feet of people (e.g. at a cash register) your employer may choose to have you use a form of eye protection.

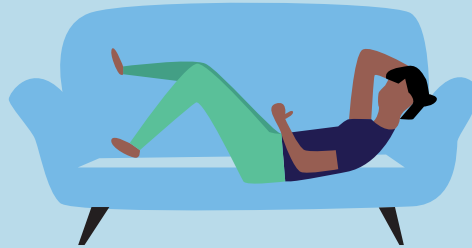
Prevention tips for non-healthcare settings

In you are in a non-healthcare setting the Ministry is reminding you that the **following are the most effective** measures you can take to reduce transmission of COVID-19:

1. Frequently cleanse your hands with soap and water or an alcohol-based hand sanitiser.
2. Cough or sneeze in a tissue and bin it.
3. If a tissue is not available, cough/sneeze into your elbow and not your hands (with or without a mask).
4. Stay home if you suspect or present symptoms suggestive of COVID-19.
5. Practice social distancing, 6 feet away from other people, at all times.
6. Masks may be used in public, but you must combine this with other prevention measures 1 to 5.



RELAX “VIRTUALLY” ANYWHERE



For many of you, the day’s shift can be long and stressful as the battle to contain and eliminate the coronavirus from our shores rages on.

When the workday ends and there’s time to sit back and unwind, sometimes it can be hard to relax, especially if you’re still feeling anxious, frustrated or overwhelmed.

If you’re not in the mood to meditate and have seen everything there is to see on Netflix, don’t fret, there are plenty of free things you can do, and places you can virtually ‘travel’ to, from the comfort and safety of home.

Here are a few tips and ideas to get you started.

1. Visit an aquarium

The [Monterey Bay Aquarium](#) has [several live](#) cameras that you can click on for an amazing up close and personal experience that will allow you to view all these and more:

- Follow [colourful fish](#) around a coral reef,
- Peek into the aviary for a [birdwatching](#) adventure,
- Gaze at gorgeous glowing [jellyfish](#) in their natural habitat,
- View [open-ocean animals](#), from tuna to turtles and sharks to sardines,
- Watch [African penguins](#) waddle and nest.

2. Go to the Zoo

Tune in to the [Houston Zoo webcam](#) and enjoy a live look at the animals. See Asian elephants, flamingos, chimpanzees, giraffes and rhinos all live on camera.

The [San Diego Zoo and Safari Park](#) has live cameras set up for a number of their animal enclosures including koalas, tigers, elephants, penguins, polar bears, apes, condors and baboons. There is also archival footage of the pandas that once called the zoo home.

3. Have a virtual Houseparty

The [Houseparty app](#) makes video chatting effortless and allows you to easily connect with the people you care about most. The app alerts you when your friends are “in the house” and ready to chat so you can jump right into the conversation. In addition, the app can be used to play games with friends and loved ones. Up to eight people can participate in a variety of games, including Trivia.

4. Get Lost in Space

How about hanging out at the [International Space Station](#), where you can catch live streams of the crew doing their thing and stunning views of Earth.

5. Learn something new

[Read any book](#) is one of the best resource for reading books. You can browse your favorite books and read them Online for free.

For civil servants, the learning pathways that the Civil Service College offers include several courses on [Degreed](#). Included: basic IT courses (Microsoft Word, Excel, PowerPoint); governance modules (cyber-awareness, anti- fraud and data protection); basic HR IRIS training; ILM Level 1 Communication, and ILM Level 3 Certificate for Managers and Supervisors.

Do you have any other suggestions for how to relax ‘virtually’ or otherwise at the end of a shift?

We’d love to hear from you! Send them to internal.communications@gov.ky or gina.matthews@gov.ky

