



# COVID-19 Public Health Measures and Personal Protective Equipment

In order to protect each other, ourselves, our families and communities, it is important to have a clear understanding of the two types of protective measures, and how they will be employed in the workplace.

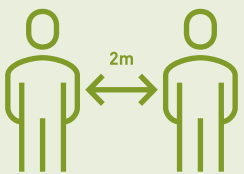
## What is Personal Protective Equipment (PPE)?

- Medical and industrial grade equipment primarily designed to protect the wearer from COVID-19 infection when performing tasks/duties that may bring them in close contact with carriers or suspected carriers of the disease, and their belongings. It include specially designed masks, gloves, and eye protection.
- PPE is needed in situations where first responders and frontline medical personnel are in close contact with infected individuals and/or their belongings, or when working in a suspected contamination zone
- When wearing Personal Protective Equipment, it's important to still maintain Public Health Measures

## What are public health measures?

- behaviors and actions that are taken by an individual, such as the wearing of non-medical masks that is worn by an individual which reduce the risk of transmission and infection of viruses. These measures protect others from you in the course of your normal activities in the DND/CAF workplace and in the community.
- The best Public Health Measures, emphasized by both the Surgeon General and Public Health Agency of Canada, are physical distancing and frequent/thorough hand washing.

**The following Public Health Measures must be applied by the Department of National Defence and the Canadian Armed Forces personnel to the greatest extent possible in all risk environments:**



If you leave home, maintain a minimum 2 metre distance from others as much as possible; and if not possible, wear a non-medical grade mask.



Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom and when preparing food (> 60% alcohol-based hand sanitizer is an alternative).



Stay and work from at home unless it is operationally essential that you go into work or until you are directed to return under formal business resumption protocols.



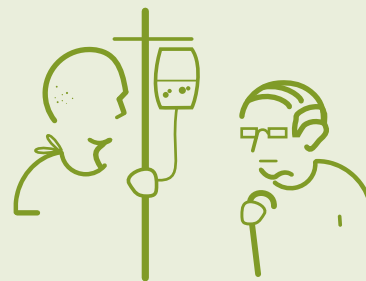
Avoid non-essential trips within your community.



Avoid gathering in groups.



Avoid touching your eyes, nose, or mouth with unwashed hands



Limit contact with people at a higher risk of having a severe disease (e.g., older adults, those in poor health)



Cough/sneeze into a tissue or the bend in your arm and not your hands, and stay home if you have flu-like symptoms

**For specific training information on the proper use of Public Health Measures and Personal Protective Equipment, please visit the Canadian Forces Health Services Training Centre: [www.cfhstc.ca](http://www.cfhstc.ca)**