

## TRIUMF Mask/Face Covering Practice Guidelines

**\*Updated March 29, 2022\***

Wearing a mask/face covering is a complementary measure to physical distancing and good hand hygiene practice, which together are effective in combating the spread of the COVID-19 virus. With the continued reduction in the rate of COVID cases among TRIUMF staff, and the lifting of mask mandates across the province for a broad range of indoor environments, COVID-related restrictions will be changing at TRIUMF.

Effective March 29, 2022 the following changes will be in effect:

- Face coverings are **no longer required in previously mandated indoor environments**, such as lobbies & hallways, cubicle clusters, break areas, meeting rooms, etc.
  - People may continue to wear face coverings as a personal choice. Please be respectful of your colleagues and their varying comfort levels during this transition. Consider wearing a mask when requested by others whenever possible.
  - EH&S has an adequate supply of N95 masks available should anyone require them.
- Individuals with specific health concerns should initially work directly with their Supervisors and respective groups. If necessary, issues & concerns cannot be effectively resolved, then contact OH&S or EHS.

**However, TRIUMF will continue controlling access to the hallway outside the Driver Control room and facial coverings are still required when entering that area.** Access to the hallway area outside of the Driver Control Room will continue to be posted and controlled. As before, the phone set up by the "STOP" sign posting (by the DRD computer sign-out desk) must still be used to notify a Control Room Operator of your need to access the area.

If you continue to wear a mask at TRIUMF, it is recommended that the mask/face covering should cover your nose, mouth, and chin, without gapping (**please see attached illustrations**). A supply of single-use masks will be made available from reception, Stores, and Occupational Health and Safety for those who do not have a mask/face covering with them.

It is important to differentiate masks/face coverings from personal protective equipment (PPE). Masks/face coverings serve – along with handwashing, sanitizing, and physical distancing – as an additional layer of protection in our community's defense-in-depth against the coronavirus. Please contact Occupational Health and Safety for any questions relating to PPE.

## FREQUENTLY ASKED QUESTIONS

### Should I be wearing a mask/face covering at TRIUMF?

1. I am in sustained contact with a colleague at a distance of less than two metres, anywhere outside of our shared workspaces: **No**, but you may choose to wear a mask depending on individual comfort level.
2. I am working (seated or standing) in a shared office space (e.g., a cubicle area) alongside colleagues who also work in that area: **No**.
3. I am visiting someone in *their* workspace: **No**, but you may choose to wear a mask depending on individual comfort level.
4. I am in a common area or shared space (e.g., hallway, washroom, shared office, badge room): **No**.
5. I am in a personal space alone: **No**.
6. I am in a personal space, but someone visits me in my office: **No**, but you may choose to wear a mask depending on individual comfort level.
7. I am outdoors: **No**.
8. I am eating in a lunch area alongside colleagues who are also eating: **No**, but you may choose to wear a mask after eating/drinking, depending on individual comfort level.
9. I am holding an in-person meeting, including in the Auditorium: **No**.
10. I am visiting any of the operator control rooms: **No**.

### How should I navigate discussions about personal preference for mask-wearing among colleagues who work in shared office spaces?

Please work with your shared office colleagues to find a resolution that makes everyone feel safe and respected. If need be, please contact your supervisor to facilitate, or contact the TRIUMF COVID-19 Task Force by email at [covid19taskforce@triumf.ca](mailto:covid19taskforce@triumf.ca)



# Coronavirus COVID-19

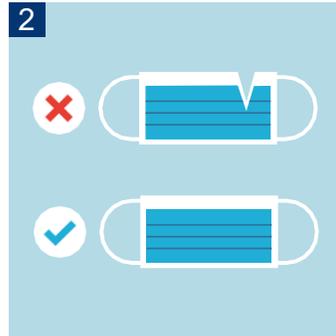
BC Centre for Disease Control | BC Ministry of Health



## How to Wear a Face Mask



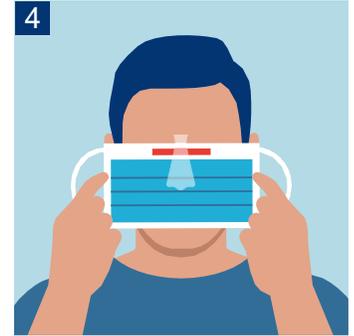
1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

### Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



# HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

## DO'S



**DO** wear a non-medical mask or face covering to protect others.



**DO** ensure the mask is made of at least two layers of tightly woven fabric.



**DO** inspect the mask for tears or holes.



**DO** ensure the mask or face covering is clean and dry.



**DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



**DO** use the ear loops or ties to put on and remove the mask.



**DO** ensure your nose and mouth are fully covered.



**DO** replace and launder your mask whenever it becomes damp or dirty.



**DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.



**DO** store reusable masks in a clean paper bag until you wear it again.



**DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

## DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

### NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

## DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

## DON'TS



**DON'T** reuse masks that are moist, dirty or damaged.



**DON'T** wear a loose mask.



**DON'T** touch the mask while wearing it.



**DON'T** remove the mask to talk to someone.



**DON'T** hang the mask from your neck or ears.



**DON'T** share your mask.



**DON'T** leave your used mask within the reach of others.

**REMEMBER**, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.

