COVID19 Appropriate Use of Personal Protective Equipment (PPE)

Information for the Public

There is currently a global shortage of PPE that is affecting the health care system. This information is intended for anyone who is using PPE to protect themselves from the COVID-19 virus.

What is PPE?

- PPE includes, but is not limited to, surgical/procedure masks, N95 respirators, protective eye wear, face shields, gloves and gowns.

When should I use PPE?

- PPE is not necessary for regular daily activities like going to the grocery store or out for walks.
- The best way to protect yourself from the COVID-19 virus is through proper handwashing, avoiding mass gatherings and practicing social distancing of at least two meters.
- Surgical/procedure masks can be worn if you are caring for someone who is sick with the COVID-19 virus.
- Surgical/procedure masks should be worn if you are sick and you are around other people.
- Used masks can be placed in the garbage when finished. Always wash your hands after removing a mask.
- Gloves, gowns, eye wear, and face shields are only needed in health care settings.

Left: Surgical/procedure mask. Right: N95 respirator

What is the difference between a surgical mask and an N95 respirator?

- Surgical/procedure masks help to block the droplets that can carry the COVID-19 virus. N95 respirators, when used correctly, prevent the virus from being breathed in.
- Health care professionals use surgical/procedure masks when in close contact (less than 2 meters) with someone who is sick from COVID-19.
- N95 respirators are only used by health care staff for certain high-risk medical procedures.
- N95 respirators require training and testing to make sure they are used correctly. Without training and testing, they may not protect you from the COVID-19 virus.

For more information, visit www.saskatchewan.ca/covid19.

April 2020

Saskatchewan