

# UFV COVID-19 OPERATIONS GUIDELINE

## NON-MEDICAL MASKS/FACE COVERINGS

### Overview

This document provides guidance about use of non-medical masks and face coverings within the UFV community and on campuses.

### Summary

**Masks are required by provincial health order in all indoor public areas on campus including lobbies, hallways, stairways, classrooms, and labs.**

#### Masks are required at UFV

- when moving around indoor campus space
- during UFV meetings (i.e., meetings tied to the academic or administrative operations of the University)
- when meeting students for office hours, if not done remotely
- at organized events

**Permanent mask exemptions** are available to those who are unable to wear them. To request an exemption:

- Students: Apply through the Centre for Accessibility Services <https://www.ufv.ca/accessibility/>
- Faculty/Staff: Follow HR's established process for medical accommodation requests <https://www.ufv.ca/hr/health-well-being/sick-leave/>

Individuals may **temporarily remove their mask** for the following reasons:

- While seated behind a barrier separating them from other people (*e.g. a cubicle or divider*) or when seated alone in a room.
- When presenting or teaching in an educational setting if there is two meters or a barrier separating themselves and the other persons in the room.
- While seated and actively eating or drinking; it is encouraged that this is done in areas designated for eating such as the cafeteria and in break rooms.
- While participating in UFV organized physical activity or at a fitness facility.
- To communicate with a person for whom visual cues, facial expressions, lip-reading, or lip movements are essential.
- To engage in an educational activity that cannot be performed while wearing a mask (*e.g. playing a wind instrument*).
- For the purpose of identifying the individual.

Masks are available at Campus Security and various locations around campus.

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### Using Face Coverings and Masks on Campus

[The Province of BC](#) has mandated that non-medical masks/face coverings are required in all public indoor settings and workplaces. Non-medical masks/face coverings must be worn in all indoor UFV spaces with exemptions described in below. The non-medical masks/face coverings must also be worn appropriately, in a manner that covers the nose and mouth.

Face coverings and masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

The following exemptions apply:

1. If an individual is unable to wear a face covering because of:
  - a. a psychological, behavioural or health condition, or
  - b. a physical, cognitive, or mental impairment.
2. If the individual is unable to put on or remove a face covering without the assistance of another person.
3. The face non-medical masks/face covering is removed temporarily for the purposes of identifying the individual.
4. The individual is consuming food or drink while seated. *For Faculty and Staff, removing non-medical masks/face coverings for this purpose is to be done in designated areas including breakrooms.*
5. While the individual is participating in physical activity organized by the post-secondary institution or at a fitness or sport facility.
6. While communicating with a person for whom the visual cues, facial expressions, lip-reading or lip movements are essential.
7. If the mask is removed temporarily to engage in an educational activity that cannot be performed while wearing a mask, for example while actively playing a wind instrument.
8. If the individual is behind a barrier separating the student from other persons, for example a divider or cubicle.

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9. If the individual is in a room by themselves.
10. If the individual is in a post-secondary space and no other students, post-secondary staff persons or members of the public are present.
11. The student or faculty member is delivering a presentation or lecture if:
  - a. there is a distance of two metres separating the individual delivering the presentation or lecture and students and other persons attending the presentation or lecture, or
  - b. there is a physical barrier between the individual delivering the lecture and the students and the persons attending the presentation or lecture.

### Types of Non-Medical Masks/Face Coverings

#### Recommended:

Cloth Masks (Home Made or Purchased)

- Used to reduce the spread of large droplets. However, these masks provide limited protection to the wearer.
- Can be made from various types of cloths. If homemade, use clean woven cotton or linen
- Must cover nose and mouth
- Should fit snugly, let you breathe easily and be attached securely with ties or ear loops.
- Re-usable and need to be washed regularly.

Other Cloth Face Coverings (e.g. Bandana, scarf)

- Used to reduce the spread of large droplets. However, these masks provide limited protection to the wearer.
- If the material is thin, can be folded into several layers.
- Ensure that it is worn to effectively cover mouth, nose and side of the face.
- Re-usable and need to be washed regularly.

#### Not Recommended:

Industrial N95, R95, P95 Respirators

- Industrial N95 respirators are meant to protect workers from inhaling dust, fumes and hazardous aerosols.
- These masks are not recommended to prevent COVID-19 as they have incorporated valves that can release germs when exhaling.

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- Medical/Surgical Masks and Medical N95 (no valve)
- According to BCCDC guidelines, medical/surgical masks and medical N95 respirators are to be reserved for health care providers or those caring for sick people. Medical/surgical masks and medical N95 respirators are considered to be personal protective equipment.

Table Adapted from:  
 Masks. (2020). Retrieved September 03, 2020, from <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

### How to Safely Use a Non-Medical Mask or Face Covering

For individuals who choose to use a non-medical mask or face covering, it is important that they are worn according to safe procedures below:

1. Inspect the mask frequently for tears and holes. Dispose of damaged masks in plastic lined garbage bins.
2. Ensure that the mask is clean and dry.
3. Wash your hands or use alcohol based hand sanitizer before and after touching a face mask.
4. Use the ear loops to remove the mask and to put it on.
5. Ensure your nose and mouth are fully covered and that the mask fits snugly.
6. Replace and launder your mask frequently, and whenever it becomes damp or dirty.
7. Store reusable masks in a clean paper bag until you use it again.
8. Do not hang the mask from your neck or ears.
9. Do not share masks.
10. Do not touch your mask while wearing it.

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Government of Canada: COVID 19  
 How to wear a non-medical mask  
 or Face Covering Properly

<https://youtu.be/gvLA--hGU70>




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Government of Canada: How to  
 Safely Use a Non-medical Mask or  
 Face Covering

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/diseases-and-conditions/covid-19-safely-use-non-medical-mask-face-covering/covid-19-safely-use-non-medical-mask-face-covering-en.pdf>




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### Limitations and Risks on Non-Medical Masks/Face Coverings

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- Non-medical masks/face coverings may provide minimal protection to the wearer, but are most important as a community protection mechanism (reduces the risk of an individual spreading to others). Therefore, masks do not replace other risk mitigation strategies.
- May offer limited protection to the user as the Non-Medical Masks/Face Coverings may not be effective in blocking virus particles transmitted by coughing and sneezing because of a looser fit and the materials used.
- Do not provide complete protection for others if the wearer is ill as, depending on the material, only large droplets are contained.
- Wearing a Non-Medical Masks/Face Coverings can be misconstrued as a replacement for effective controls including physical distancing and hand hygiene.
- Can result in increased face touching as users make adjustments to masks.

### Further Information

Please visit <https://www.ufv.ca/coronavirus/> for more information and updates regarding COVID-19 or contact [ehs@ufv.ca](mailto:ehs@ufv.ca).

Please visit the BCCDC <http://covid-19.bccdc.ca/> for more information.