



## Reusable Face Shield: Using and Disinfecting

**Face Shields must always be worn with a face mask.** If the person wearing the face shield is not also wearing a face mask, the cloud of invisible droplets containing virus or bacteria will enter their nose and mouth.

Your face shield may supplement your mask when physical distancing is not possible. At a close distance, it can reduce the quantity of the virus causing COVID-19 that reaches your face mask by blocking some of the droplets that are exhaled or expelled by coughing, sneezing or talking. However, it cannot block the cloud of tiny aerosol droplets that linger in the air and travel around the open sides of the faceshield. Physical distancing at 6 feet away reduces the amount of inhaled virus as effectively as a face shield.

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### While using your face shield:

Assume it is contaminated from both sides. Anyone could be spreading the virus causing COVID-19 without knowing it.

### Before putting on your face shield:

Wash your hands with hot, soapy water for 20 seconds and air-dry. If you touch any part of your face shield while wearing it, wash your hands and air-dry. If soap and water is not available, use hand sanitizer and allow it to air-dry.

### When removing your face shield:

Touch only the stretch band. Immediately afterward, wash your hands or use sanitizer.

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**PPE for Central Coast** provides face shields designed by Prusa Printers and fabricated by **Idea Fab Labs Santa Cruz**.

The material in both the transparent lens and the forehead piece is PETG plastic.

**The plastic parts and the stretch strap are safe to reuse *only if* sterilized after each use.**

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### Sterilize your face shield when you first receive it and each time that you use it:

Wear gloves and a face mask. Separate it into 3 parts (clear lens, plastic forehead piece and stretch band).

- 1) Submerge all 3 parts in **hot, soapy water**. Scrub all surfaces for 1 minute. Rinse and air dry.  
**or**
- 2) Submerge all 3 parts in a solution of **75% alcohol or 25% hydrogen peroxide** for 5 minutes and air-dry.  
**or**
- 3) Spray with the alcohol or hydrogen peroxide solution above until all surfaces are wet. Allow to air dry.  
**Repeat spraying and air-drying a second time. Do not use bleach**, because it will cloud the lens.

Reassemble the parts according to the instructions on page 2.

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## **When your face shield is new:**

Peel off the blue protective film on each side of the lens.

Before assembling, sterilize all parts according to the instructions on page 1.

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## **To assemble your face shield after sterilizing:**

**Wear gloves and a face mask.**

## **Follow the written instructions below, or watch this 1-minute video:**

[www.youtube.com/watch?v=pP7z3iw76GA](https://www.youtube.com/watch?v=pP7z3iw76GA)

Note that our model does not have the optional plastic handle at the bottom. Leaving it off does not compromise its safety or stability. Reducing our costs allows us to provide PPE on a sliding scale based on ability to pay.

- 1) Place the clear plastic lens in front of you. Turn the end with four holes toward you.
- 2) Put one hand through the headband to hold it.
- 3) Using the 2<sup>nd</sup> hole from the right, mount lens onto the 2nd pin on headband. Hold it with your thumb.
- 4) Carefully straighten the right side of the headband along the lens and insert the pin on the right edge.
- 5) Do the same on the left side.
- 6) Stretch the strap around the hook protruding at each end of the headband.
- 7) If your strap is adjustable, try the largest fit first. Move your head up and down. Adjust as needed.

**If you have any questions or feedback, please contact us at [info@ppe4cc.org](mailto:info@ppe4cc.org)**