

Personal Protective Equipment (PPE)

Caregiver Education April 2020



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COVID 19 and Protective Supplies

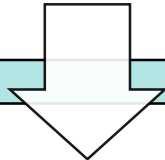
As the coronavirus disease 2019 (COVID-19) pandemic accelerates, global ***health care systems have become overwhelmed.***



Preventing spread of infection to and from health care workers (HCWs) and clients **relies on effective use of personal protective equipment (PPE)**—gloves, gowns, goggles, face shields and masks.



PPE (Personal Protective Equipment), which were formerly abundant and disposable, is now a **scarce and a precious commodity** in locations where it is needed most to care for highly infectious persons.



We all need to understand the use of PPE and preserve the supplies we have available.

PPE (Personal Protective Equipment)

OSHA defines PPE as *“specialized clothing or equipment worn by an employee for protection against infectious materials.”*

The type of PPE will depend on the level of protection required.

PPE includes:

- **Masks:** *protects the nose and mouth*
- **Gowns:** *protects skin and clothing*
- **Goggles/face shields:** *protects eyes*
- **Gloves:** *protects the hands from potentially infectious materials found in body fluids, mucous membranes or open wounds.*

Standard Precautions

- Standard Precautions means treating blood, body fluids, non-intact skin and mucous membranes **as if they were infected**.
 - **Body fluids include** tears, saliva, sputum, urine, feces, pus vomit, vaginal secretions and semen.
- Standard Precautions must be used with **every client** to promote safety.
- Standard Precautions are a way of stopping the spread of infection by **interrupting the mode of transmission**.
- Standard Precautions includes the use of PPE.
- *Always wash your hands* per CDC guidelines before and after using PPE.

Gowns, Gloves and Eye Protection

Gowns

- Wear disposable gowns if you are concerned that you may have contact with blood or bodily fluids or when splashing or spraying of body fluids is likely.

Gloves

- Non-sterile gloves are worn for basic care.
- Wear gloves if concerned about contact with bodily fluids.
- Wash your hands before putting on gloves.
- Do not touch clean objects with your gloves.
- Remove gloves carefully and immediately when finished with a task and wash your hands.
- Wear gloves once and dispose of after use.

Eye Goggle or Face Shields

- Wear to protect your eyes if you are concerned about coming in contact with blood or body fluids.
- These can be cleaned and reused.

How to Remove Gloves

Poster

<https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>

Video

<https://www.youtube.com/watch?v=dyLEd9cng5U>

How to Remove Gloves

To protect yourself, use the following steps to take off gloves



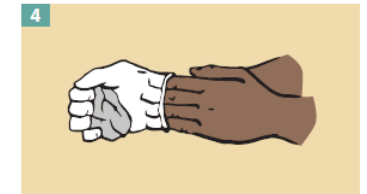
Grasp the outside of one glove at the wrist.
Do not touch your bare skin.



Peel the glove away from your body,
pulling it inside out.



Hold the glove you just removed in
your gloved hand.



Peel off the second glove by putting your fingers
inside the glove at the top of your wrist.



Turn the second glove inside out while pulling
it away from your body, leaving the first glove
inside the second.



Dispose of the gloves safely. Do not reuse the gloves.



Clean your hands immediately after removing gloves.

Not all Masks are the Same

There are important differences in masks related to the type of disease and the goal of use.

We will discuss:

- N95 Respirator Masks
- Surgical Masks (also called facemasks)
- Cloth Face Coverings



General Mask Usage Information

- ***Wear once and do not reuse.*** They are meant for onetime use. *There is a risk involved in reusing masks.*
- ***Check your mask prior to use for any defects.*** Change a face mask if it becomes moist from respirations.
- Mask must cover ***both mouth and nose.***
- ***Keep your hands away from the face.*** *If you touch or adjust your facemask you must immediately wash your hands.*
- Remove a mask with ties by ***handling only the ties, untying the bottom tie first,*** then the top tie. Do not touch the front of the mask.
- Remove a mask with ear loops from the side of the head tilted forward and only touching the ear loops. Do not touch the front of the mask.
- ***Wash your hands before and after*** wearing and removing a mask.

N 95 Respirator Masks

- Filters out 95% of small air particles when used correctly.
- **Must be fit tested** to assure a snug seal.
- Designed for **single use** and **not to be shared** with anyone else.
- Not designed for **children** or people with **facial hair**.
- Are required when **working with COVID 19 positive clients** but not for non-COVID 19 clients.
- N95's are **prioritized for hospital and EMT personnel working** with COVID 19 patients.



Surgical Masks

- *Sometimes called facemasks.*
- Loose fitting and ***does not create a seal.***
- ***Will not provide protection*** from COVID 19 due to loose fit.
- Helps block large particle droplets but ***does not provide complete protection*** from germs.
- Will help reduce exposure ***of your saliva and respiratory secretions to others.***



WHO (World Health Organization) Video on Applying and Removing Masks

https://youtu.be/M4olt47pr_o

Cloth Face Coverings

CDC recommends: When no facemasks are available, health care staff and the general public might use homemade masks such as bandanas, scarfs and hand sewn masks.

These cloth face coverings are not the N95 respirator or the surgical masks.

These are not considered PPE but are ***used to control and catch droplets*** from the wearer.

It is unknown how much protection they provide.



Cloth Face Coverings

4/4/2020.

CDC is recommending that along with social distancing, we wear cloth face coverings when out in the general public, such as grocery stores and pharmacies.

The intent of wearing these is to **slow the spread of the coronavirus** and prevent those **who do not know they have the virus** from transmitting it to others.

These cloth face coverings **are not** the N95 respirator or the surgical masks.

The CDC recommends **saving the N95 respirator masks and surgical masks for EMS and hospital workers** due to the current critical shortage.

Cloth Face Covering Tips



When choosing fabric for a cloth covering, use a cotton fabric that feels **comfortable, breathable** and **can be washed in hot water**. Cotton bandanas can work well. Fabric from tee-shirts is another option.



The face cloth should **cover both your mouth and nose**.



Frequently wash the face cloth, ideally **after each use or at least daily**. Wash with hot, soapy water and dry in on a hot dryer setting.



Wash your hands before and after putting on and taking off the mask.

Cloth Face Covering Tips

- People tend to touch their faces a lot when wearing masks to adjust them. Try not to do this. **Wash your hands before and after touching your mask** if you must adjust it.
- Dirty masks should be placed in a disposable plastic bag after wearing until it can be washed. (Treat a worn face cloth like you would a used tissue.)
- Be careful not to touch your eyes, nose and mouth when removing the face cloth.

*NOTE: Cloth face coverings **should not** be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.*

Cross Contamination - Gloves

- Wearing gloves is part of standard precautions when **possible exposure to bodily fluids** occurs.
- Wearing gloves for general use such as out shopping or cleaning a home **will not keep you safe unless you are diligent about not touching your face** or other personal objects once your gloves are contaminated.
- **Washing your hands frequently** with soap and water for 20 seconds or using **hand sanitizer with at least 60% alcohol** can be more effective than wearing contaminated gloves.
- Wearing gloves can give a **false sense of security**. Do not let your guard down because you are wearing gloves.

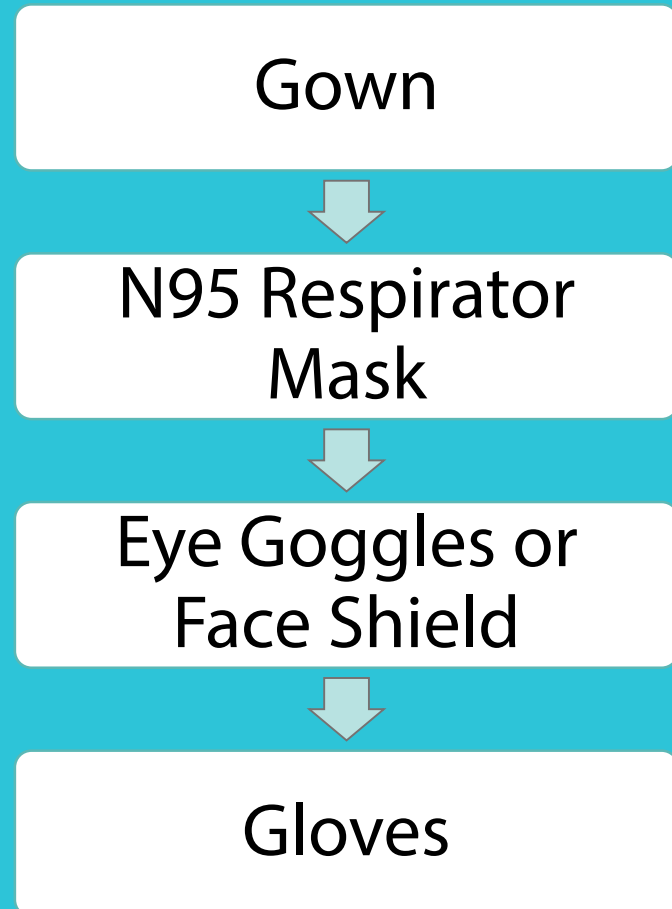
View this video explaining cross contamination.

You Tube video on Cross Contamination

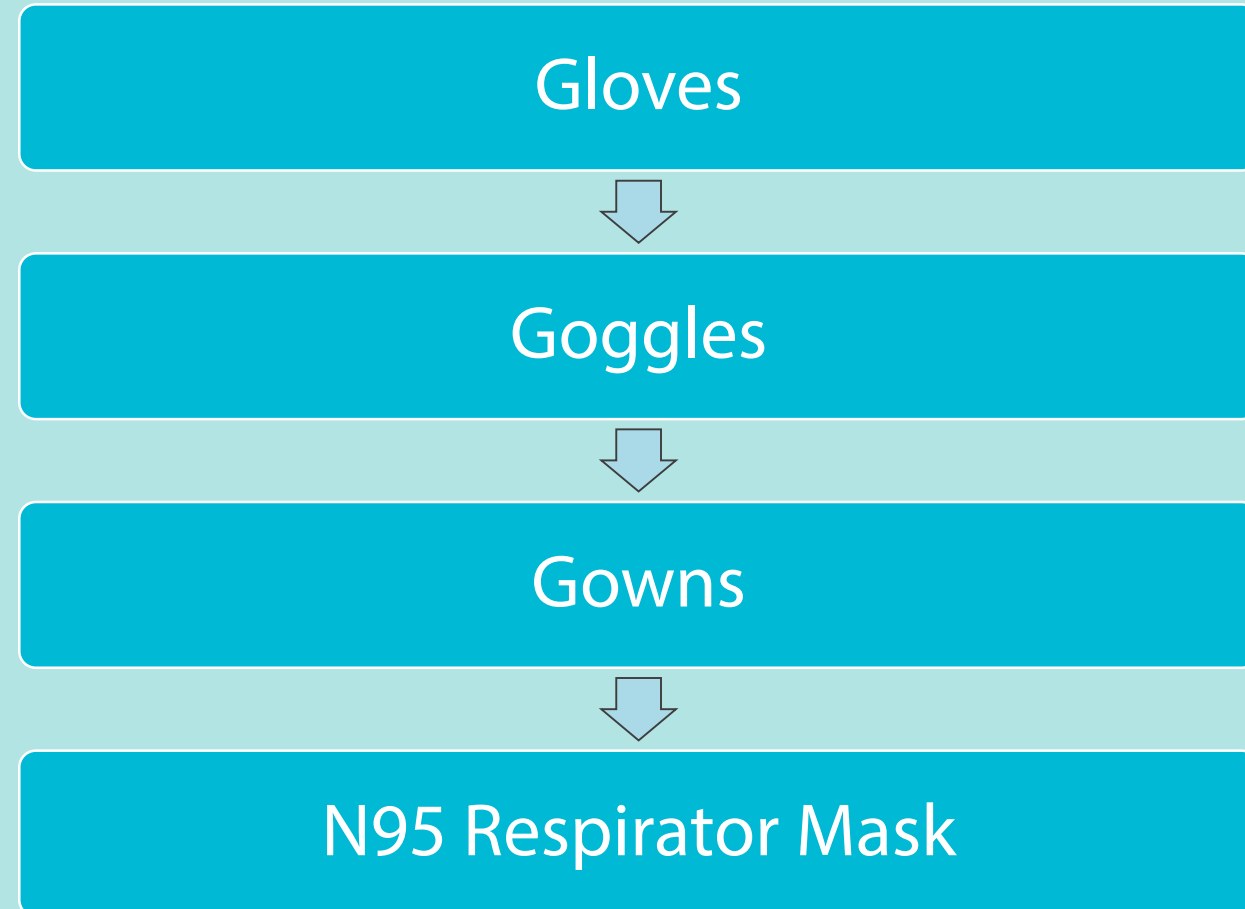
- <https://www.youtube.com/watch?v=dXU6VjjLFsw>

PPE Requirements for COVID 19 Clients

Order to Don (*Put on*) PPE



Order to Doff (*Remove*) PPE



Summary

- Personal protective equipment is special equipment you wear to **create a barrier between you and germs**. This barrier reduces the chance of touching, being exposed to, and spreading germs.
- Personal protective equipment (PPE) **helps prevent the spread of germs** and can **protect people and health care workers** from infections.

References

- *Leahy, W. Fuzy J., Grafe, J. (2017) Providing Home Care A Textbook for Home Health Aides. 5th Edition. Hartman Publishing*
- www.cdc.gov
- *Who.int retrieved @ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos>*