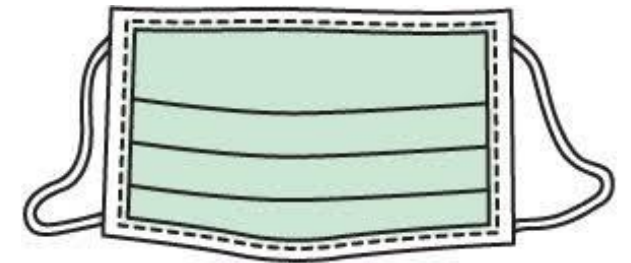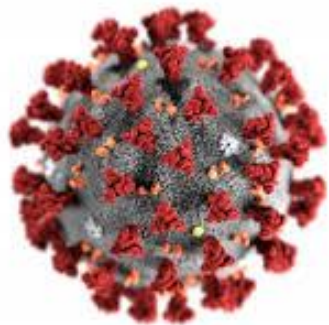# How and when to use personal protective equipment

COVID-19

Personal protective equipment

- Personal protective equipment (PPE) is any clothing or equipment designed to protect you from **injury** or **harm**

- PPE for COVID-19 depends on risk of being near a person who may be infected

- Levels of protection needed are different for community and health care workers

COVID-19

is a new coronavirus currently spreading around the world

- Spread by respiratory droplets- **very small drops of fluid that come out of our nose and mouth when we cough and sneeze.**
- Respiratory droplets can land on things as well as people

Achoooooo

Beijing Country Cluster Support Team. International Federation of Red Cross and Red Crescent Societies

Protection from COVID-19

- **The most important protections are:**

  - **Clean hands often** with soap and water of alcohol hand rub. If hands look dirty they need soap
  - **Do not touch eyes, nose or mouth**. If you do clean your hands
  - **Practice good coughing and sneezing hygiene**. When coughing or sneezing cover mouth and nose with flexed elbow or tissue. Throw tissue away immediately and wash hands
  - **Wear a mask if you have respiratory symptoms** and **wash hands** after throwing away the mask
  - **Keep at least one metre away from people with respiratory symptoms** (cough and sneeze)
  - Avoid crowded places
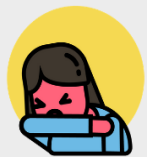 - Follow Ministry of Health advice and government instruction

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Protection - Educate your community

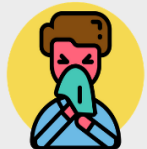- **Stopping community spread protects everyone**

Reduce risk of coronavirus infection

Frequently clean hands by using alcohol-based hand rub or soap and water

When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands

Avoid close contact with anyone that has fever and cough

Source: WHO

Protect yourself and others from getting sick!

Wash your hands:

after toilet use

after coughing or sneezing

when caring for the sick

before, during and after you prepare food

when hands are visibly dirty

before eating

after handling animals or animal waste

Source: WHO

What PPE is used for COVID-19?

- The PPE used should match activities of volunteers and staff. **Follow the chart for your area**
- Using PPE that is not needed does not give extra protection

Personal Protective Equipment Guide COVID-19

	Cleaning gloves (Heavy duty)	Apron (waterproof)	N95 mask (respirator mask)	Medical mask	Goggles	Face shield	Hospital Gown	Gloves
WHAT								
WHY	Protects hands from cleaning solutions and water damage	Plastic - protects clothing from splashes. Can be worn over uniform or normal clothes	Used with medical procedure that may make COVID-19 spread in air. Not needed for everday care	Protects mouth and nose from respiratory droplets	Protects eyes from respiratory droplets	Protects eyes and face from respiratory droplets	Protects skin and clothing.	Protects hands from respiratory droplets

Social distancing, cough and sneeze hygiene and frequent hand washing or use of alcohol hand rub are the important protections even when PPE is used. Remind one another of safe practice

IFRC

Use masks correctly

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water

World Health Organization

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

World Health Organization

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

World Health Organization

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

World Health Organization

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water

World Health Organization

Hospitals – High priority for receiving PPE supplies, especially N95 masks, they have the highest risk

Inpatient facilities							
Patient room			**Triage areas**			**Laboratory**	**Transit/admin areas and tasks**
Healthcare workers		**Cleaners**	**Visitors**	**Health Care Workers**	**Patients**		**Laboratory technicians**	**All staff**
Direct CARE COVID-19 patient	Aerosol generating activities COVID-19 patient	Entering room of COVID-19 patient(s)	Entering room of COVID-19 patient(s)	Preliminary screening NO direct contact	Patients with respiratory symptoms	Patients **NO** respiratory symptoms	Testing respiratory samples	No direct contact with COVID-19 patients
Medical mask Eye protection Gloves Gown	Respirator mask (N95 of FFP2) Eye protection Gloves Gown Apron	Medical mask Eye protection Cleaning gloves Gown Boots or closed shoes	Medical mask Gloves Gown	No PPE Stay ONE or more metres away from patient No-touch thermometer OR thermal image camera.	Medical mask Stay ONE or more metres away from other people	No PPE	Medical mask Eye protection Gloves Gown	No PPE Stay ONE or more metres away from patient

Outpatient facilities

Outpatient facilities (including community clinics and medical clinics)					
Consultation room			**Consultation room, waiting areas, triage**	**Triage**	**Transit/admin areas and tasks**
Healthcare workers		**Cleaners**	**Patients**	**Healthcare workers**	**All staff**
Examination - patient **WITH** respiratory symtpoms	Examination - patient **NO** respiratory symptoms	After / between patients with respiratory symptoms	With respiratory symptoms / No respiratory symptoms	Preliminary screening **NO direct contact** with people with respiratory symptoms	No direct contact with COVID-19 patients
Medical mask Eye protection Gloves Gown	PPE according to standard precautions and risk assessment	Medical mask Eye protection Cleaning gloves Gown Boots or closed work shoes	Medical mask Stay ONE or more metres away from other people / No PPE	No PPE No-touch thermometer, thermal image camera. Stay ONE or more metres away from patient	No PPE Stay ONE or more metres away from patient

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Home and community activities

Home based care, surveillance, contact tracing, risk communications, community engagement, CBHFA etc							
Home-based care - any activities				**Community based activities**			
Patients with respiratory symptoms	**Caregiver**		**Healthcare workers**	**Daily life in area with COVID-19 transmission**	**Commmunity volunteers**	**Surveillance, case investigation, contact tracing with community members in their own communities**		**Commmunity-based surveillance volunteers**
All times	Entering room of COV-19 person **NOT** giving care	Providing direct care of person with COVID-19	Direct home care assistance of COVID-19 patient	People with **NO** respiratory symptoms	Risk communication, community engagement, health or hygiene promotion	Interview person with suspected or confirmed COVID-19. **No direct contact**	Interview contacts of COVID-19 patients who have **NO** signs of disease	CBS volunteer validating report of health risk observed
Medical mask **PATIENT** Stay ONE or more metres away from patient (if possible) (no mask at night and assess how mask is tolerated)	Medical mask Stay ONE or more metres away from patient (if possible)	Medical mask Gloves Apron	Medical mask **HCW** Medical mask **Patient** Eye protection Gloves Gown	No PPE	No PPE	Medical mask **PATIENT** Medical mask **volunteer/HCW** Stay ONE or more metres away from person Conduct outdoors as possible	No PPE Stay ONE or more metres away from person Conduct outdoors as possible	No PPE Stay ONE or more metres away from people Conduct outdoors as possible

Screening and entry points

Points of entry and points of control checkpoints						
Administrative areas	**Screening area**			**Temporary isolation area**		
All staff	**All staff**	**All staff**	**Cleaners**	**All Staff**	**Staff / healthcare workers**	**Cleaners**
Any activities	First screening (temperature measurement not involving direct contact)	Second screening (interviewing people with fever or clinical symptoms of COVID-19 and travel history)	When cleaning the area where travellers with fever are being screened	When entering isolation area, but **NOT** providing direct assistance	Providing assistance before transport to healthcare facility	When cleaning isolation area
No PPE Stay ONE or more metres away from patient	No PPE Stay ONE or more metres away from patient	Medical mask Gloves	Medical mask Eye protection Cleaning Gloves Gown Boots or closed work shoes Stay ONE or more metres away from patient	Medical mask Gloves Stay ONE or more metres away from person	Medical mask Eye protection Gloves Gown	Medical mask Eye protection Cleaning gloves Gown Boots or closed work shoes

Ambulances and transports – may transport people with severe illness to hospital. High priority for PPE

Ambulance transfer for people with confirmed or suspected COVID-19					
Paramedics / healthcare workers	**Driver**			**Patients**	**Cleaners**
Transport of people with suspected or confirmed COVID-19	No contact with patient and separate driver compartment	No contact with patient and NO separate driver compartment	Assisting with loading of suspected COVID-19 patient	Transport of suspected or confirmed COVID-19 patient to health facility	After/between transport of suspected COVID-19 patients to the referral healthcare facility
Mask, respirator N95 or FFP2 Eye protection Gloves Gown Stay ONE or more metres away from patient (if possible)	No PPE required Stay ONE or more metres away from patient	Medical mask **Driver** Medical mask **Patient**	Medical mask **Driver** Medical mask **Patient** Eye protection Gloves Gown	Medical mask **PATIENT**	Medical mask Eye protection Cleaning gloves Gown Boots or closed work shoes

Summary

- PPE is clothing or equipment designed to protect you from **injury** or **harm**

- **COVID-19** is a new respiratory virus we need to protect ourselves from – by changing how we do things and sometimes by wearing PPE

- Use the right PPE for the job you are doing - check the chart

- We need to prioritise PPE for frontline workers like Health care workers and ambulance drivers.

- Do not use PPE when it is not needed – supplies are precious

- PPE can only keep us safe if we use and dispose of it correctly