COVID-19 ☀ PPE
Basic Protection & Emergency Alternatives

Do
Use the highest appropriate PPE protection available to you.

Do
Remove and discard PPE if soiled, damaged, or hard to breathe/see through.

Don't
Don't touch outside of PPE. If adjustments are needed, immediately perform hand hygiene after touching outside of PPE.

Hand Hygiene

Effective hand hygiene can prevent transmission even when gloves are not available.

Perform hand hygiene
• before touching a patient
• before clean/aseptic procedures
• after body fluid exposure/risk
• after touching a patient
• after touching patient surroundings
• before eating
• after using the bathroom

When gloves are worn, perform hand hygiene before and after glove use.

Wash with soap and water or alcohol based hand rub

SOAP
20–30 seconds

15–20 seconds

Gown

Use
For care of patients with COVID-19 and cleaning in COVID-19 wards.

Decontamination & reuse
Remove gown when leaving patient care area. Launder reusable gowns when soiled and at least daily.

If gowns are not available, what else can I use?
• *Laboratory coats*
• *Disposable aprons*
• *Layered clothing, preferably with long sleeves and closures that can be fastened*

Recommendations are based on WHO and US Centers for Disease Control and Prevention guidance. A full list of references can be found here: https://tinyurl.com/covidpperefs

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THIS GUIDE IS INTENDED TO SUPPLEMENT NOT REPLACE LOCAL AND REGIONAL RECOMMENDATIONS. REFER TO YOUR INSTUTIONAL POLICIES REGARDING PPE USE.

Face Shield or Goggles

Use
For care of patients with COVID-19 and cleaning in COVID-19 wards.

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Wearing a face shield with a mask increases respiratory protection and reduces external contamination of the mask.

Decontamination & reuse
Wearing gloves, wipe the inside of the face shield/goggles using a clean cloth saturated with detergent, disinfectant, 0.5% chlorine, or 70% alcohol solution, then wipe the outside.

What if I don't have a face shield?
Face shields can be made out of common plastic materials such as soda bottles. Ensure the shield covers eyes, nose, and mouth and extends from ear to ear.

Mask

N95/FFP2

Use
For care of patients with COVID-19, prioritize for aerosol-generating procedures (intubation, CPR, collection of nasal or oral swabs, high-flow oxygen/non-invasive ventilation). Use with face shield.

Reuse
Can be worn up to 6 hours and reused following decontamination if face seal is maintained and no obvious damage or difficulty breathing. Perform hand hygiene after removal.

Surgical

Use
For care of patients with COVID-19 when N95/FFP2 masks are not available and cleaning in COVID-19 wards. Use with face shield.

Reuse
Can be worn up to 6 hours if not soiled, damaged, or hard to breathe through. Perform hand hygiene after removal.

Can I use a cloth mask?
For patient care activities only when surgical mask is not available. Use with face shield, if possible. Can also be worn by patients and caregivers to reduce transmission. When soiled or at least daily wash with soap and water. Dry before reusing.

Gloves

Use
For care of patients with COVID-19 and cleaning in COVID-19 wards. Remove or decontaminate gloves before touching non-contaminated items (e.g. phones) and between patients. Do not reuse gloves. Perform hand hygiene immediately after removal.

Can I use hand sanitizer on my gloves?
If using latex or nitrile gloves, hand sanitizer can be used up to 6 times to decontaminate gloves if not visibly soiled or damaged.