



**Uttarakhand State Disaster Management Authority &
Department of Health & Family Welfare
Government of Uttarakhand**

**COVID-19:
ADVISORY RELATED TO
USE OF PERSONAL
PROTECTIVE EQUIPMENT
(PPE)**

Issued on 18/3/2020

All activities need to be conducted in consultation with department of health

Personnel involved in these operations need to be trained by the master trainers of the district.

Advisory related to Use of Personal Protective Equipment (PPE)

Personal protective equipment (PPE) is specialized clothing or equipment, worn by an employee for protection against infectious materials.

All of the PPE listed here prevent contact with the infectious agent, or body fluid that may contain the infectious agent, by creating a barrier between the worker and the infectious material.

Components of PPEs – Glove, Gown/Apron, Mask, Respirators, Goggles, Face shields and Shoes.

Advisory

Gloves protect the hands, gowns or aprons protect the skin and/or clothing, masks and respirators protect the mouth and nose, goggles protect the eyes, and face shields protect the entire face and shoes to protect feet. The respirator has been designed to protect the respiratory tract from airborne transmission of infectious agents.

Gloves protect you against contact with infectious materials. However, once contaminated, gloves can become a means for spreading infectious materials to yourself, other patients or environmental surfaces. Therefore, the way gloves are used can influence the risk of disease transmission.

Do's and Don'ts of Glove Use

- a. Work from “clean to dirty”: It refers to touching clean body sites or surfaces before you touch dirty or heavily contaminated areas.
- b. Limit opportunities for “touch contamination” - protect yourself, others, and the environment.
 - i. Don't touch your face or adjust PPE with contaminated gloves
 - ii. Don't touch environmental surfaces except as necessary during patient care
- c. Change gloves
 - i. During use if torn and when heavily soiled (even during use on the same patient)
 - ii. After use on each patient
- d. Discard in appropriate receptacle
 - i. Never wash or reuse disposable glove

Sequence for Donning PPE

- a. The gown should be donned first.
- b. The mask or respirator should be put on next and properly adjusted to fit; remember to fit check the respirator.
- c. The goggles or face shield should be donned next and the gloves are donned last.

How to Don a Gown

- a. Select appropriate type and size
- b. Opening is in the back
- c. Secure at neck and waist
- d. If gown is too small, use two gowns
- e. Gown #1 ties in front
- f. Gown #2 ties in back



How to Don a Mask

- a. Place over nose, mouth and chin
- b. Fit flexible nose piece over nose bridge
- c. Secure on head with ties or elastic
- d. Adjust to fit



How to Don a Particulate Respirator

- a. Select a fit tested respirator
- b. Place over nose, mouth and chin
- c. Fit flexible nose piece over nose bridge
- d. Secure on head with elastic
- e. Adjust to fit
- f. Perform a fit check –
 - i. Inhale – respirator should collapse
 - ii. Exhale – check for leakage around face



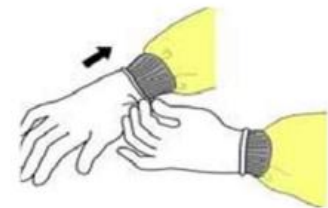
How to Don Eye and Face Protection

- a. Position goggles over eyes and secure to the head using the ear pieces or headband
- b. Position face shield over face and secure on brow with headband
- c. Adjust to fit comfortably



How to Don Gloves

- a. Don gloves last
- b. Select correct type and size
- c. Insert hands into gloves
- d. Extend gloves over isolation gown cuffs



Sequence for Removing PPE

- a. Gloves
- b. Face shield or goggles
- c. Gown
- d. Mask or respirator

Where to Remove PPE

- a. At doorway, before leaving patient room or in anteroom*
- b. Remove respirator outside room, after door has been closed*
- c. Ensure that hand hygiene facilities are available at the point needed, e.g., sink or alcohol-based hand rub

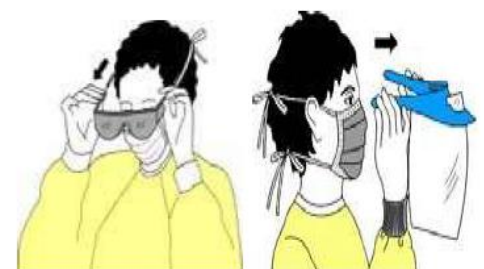
How to Remove Gloves

- a. Using one gloved hand, grasp the outside of the opposite glove near the wrist.
- b. Pull and peel the glove away from the hand.
- c. The glove should now be turned inside-out, with the contaminated side now on the inside.
- d. Hold the removed glove in the opposite gloved hand.
- e. Slide ungloved finger under the wrist of the remaining glove
- f. Peel off from inside, creating a bag for both gloves
- g. Discard



Remove Goggles or Face Shield

- a. Using ungloved hands, grasp the “clean” ear or head pieces and lift away from face.
- b. If goggle or face shield are reusable, place them in a designated receptacle for subsequent reprocessing.
- c. Otherwise, discard them in the waste receptacle.



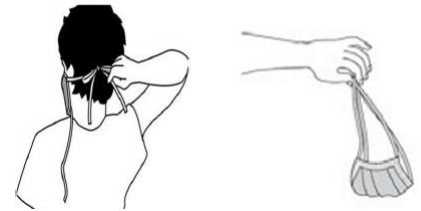
Removing Isolation Gown

- Unfasten ties
- Peel gown away from neck and shoulder
- Turn contaminated outside toward the inside
- Fold or roll into a bundle
- Discard



Removing a Mask

- Untie the bottom, then top, tie
- Remove from face
- Discard



Removing a Particulate Respirator

- Lift the bottom elastic over your head first
- Then lift off the top elastic
- Discard



Hand Hygiene

- Perform hand hygiene immediately after removing PPE.
- If hands become visibly contaminated during PPE removal, wash hands before continuing to remove PPE
- Wash hands with soap and water or use an alcohol-based hand rub
- Ensure that hand hygiene facilities are available at the point needed, e.g., sink or alcohol-based hand rub