



# Personal Protective Equipment

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# How is COVID-19 spread?

- COVID-19 is spread mainly from person-to-person through **respiratory droplets** (from sneezing, coughing, and touching your mucus membranes, like your eyes, nose, or mouth).
- Respiratory droplets spread easily when you are in close contact with someone that is infected (within about 6 feet) or
- Bits of virus (called **fomites**) can live on surfaces too. You can get infected by touching infected surfaces and then touching your mouth, nose, eyes.



# What are common symptoms of COVID-19?

- ☐ Fever or chills
- ☐ Cough
- ☐ Shortness of breath or difficulty breathing
- ☐ Fatigue
- ☐ Muscle or body aches
- ☐ Headache
- ☐ New loss of taste or smell
- ☐ Sore throat
- ☐ Congestion or runny nose
- ☐ Nausea or vomiting
- ☐ Diarrhea

# What do I do if someone has COVID-19 symptoms?

- Keep 6 feet of distance
- Put on a surgical mask
- Give the person a surgical mask to wear
- Advise the residents to "isolate" in a single occupancy room or area away from other staff or residents
- If available, give this resident access to their own bathroom
- If its staff, advise the staff to home "isolate" away from other members of his/her household
- Contact your facilities' COVID-19 lead to discuss next steps
  - Call the resident's doctor
  - Plan for testing
  - Move resident to an ISOLATION AND QUARANTINE AREA



What type of PPE should I wear while working at a shelter?

It depends on your assigned role and exposure to COVID-19

## CDC's new definition of Close Contact

Spending **greater than 15 minutes** at **less than 6 feet** with a person diagnosed with COVID-19 **without appropriate PPE**

## Low risk of exposure to COVID-19

- Maintain 6 feet of distance between other residents and staff
- Does not perform medical exams or perform cleaning with high risk of splash or spray

# Low risk of exposure to COVID-19

- Cloth face covering (aka cloth mask) ~ Not true PPE



## Medium risk of exposure to COVID-19

- Temperature checkers (must come within 6 feet of distance with residents and other staff routinely)
- Healthcare workers or caregivers who perform exams on patients at less than 6 feet
- Symptomatic staff or residents and those within 6 feet of them
- Routine cleaning

# Medium risk of exposure to COVID-19



## Eye Protection:

splash goggles, face shield or procedure mask with visor.

## Mask:

A fluid-resistant procedure mask is required. Staff have the option of using an N95 respirator.\*

## Gown:

yellow isolation gown, tied at the back.

## Gloves:

non-sterile procedure gloves



# Medium risk of exposure to COVID-19

- ✓ Surgical Facemask
- ✓ Eye protection
- ✓ Gloves

# High risk of Exposure to COVID-19

- Cleaning staff who are exposed to frequent splash and spray (like cleaning bathrooms and floors) in any areas of facility
- Staff (including healthcare workers and caregivers) who are providing care to residents in Isolation and Quarantine areas with unknown COVID-19+ status or known COVID+
- Cleaning staff conducting terminal disinfection in isolation and quarantine area



# High risk of exposure to COVID-19



## Eye Protection:

splash goggles, face shield or procedure mask with visor.

## Mask:

A fluid-resistant procedure mask is required. Staff have the option of using an N95 respirator.\*

## Gown:

yellow isolation gown, tied at the back.

## Gloves:

non-sterile procedure gloves



# High risk of exposure to COVID-19

- ✓ N95 Respirator (with FIT testing)
- ✓ Eye protection
- ✓ Gloves
- ✓ Gown

# High risk of exposure to COVID-19



- **Per CDC:** Although facemasks are routinely used for the care of patients with common viral respiratory infections, N95 or higher level respirators are routinely recommended for emerging pathogens like SARS CoV-2, which have the potential for transmission via small particles, the ability to cause severe infections, and no specific treatments or vaccines.

# PPE Removal

- Establish PPE removal areas as close to areas where you are working with COVID positive or COVID unknown, symptomatic individuals
  - Example: Add a regular trash bin or box/hook for PPE storage just outside the isolation room
- Change gloves between each person
- Do not wear PPE outside these areas
- Do not wear same gowns between rooms of COVID-19 positive and COVID-19 negative individuals or between rooms with individuals who have a diarrheal illness

# PPE Pearls

- HAND HYGIENE, FACE COVERINGS, AND SOCIAL DISTANCING AT THE MOST IMPORTANT STRATEGIES TO PROTECT YOUR SELF AND PREVENT THE SPREAD OF COVID-19.
- Distribute cloth face coverings to your clients and establish policies about wearing clean coverings in common areas. Encourage routine washing of cloth face coverings
- Learn how to put on/take off your PPE to avoid contaminating your PPE. Avoid touching the outside of your mask.
- Learn how to re-use (masks and gowns) and disinfect (face shield or eye goggles) PPE!
- Avoid touching surfaces and resident items, sharing pens/papers with others, and carrying residents. Wear gloves if you do.
- Don't "sterilize" or wash surgical or N95 masks. It reduces the protective ability of these PPE.
- Fit testing ensures that N95 are properly sized.

# COVID-19 Zone @ Home

- **Create a “COVID-19 Zone” at your home:**
- Remove your work clothing, shoes, and all work tools (like a bag or briefcase) and place near the front door in designated “COVID-19 Zone.”
- Wash your hands and disinfect your cell phone with alcohol wipes.
- Shower and change into “home” clothing.
- Launder your work clothing after each use.
- Clean and disinfect commonly touched surfaces in your car prior to family use.

PPE Training  
Video

<https://www.youtube.com/watch?v=koXMkXu5Kho&a>