Do: Use the highest appropriate PPE protection available to you.

Don’t: Buckle outside of PPE. If adjustments are needed, immediately perform hand hygiene.

Don’t: Share masks, gowns, or gloves.

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/spill
- After touching a patient
- After touching patient surroundings
- Before eating
- After touching patient surroundings
- After body fluid exposure/spill
- After touching a patient
- Before eating

Gloves are not a substitute for hand hygiene. Your task requires gloves, perform hand hygiene prior to donning gloves, before touching the patient or the patient environment. Perform hand hygiene immediately after removing gloves.

Extended use of isolation gowns.

Consideration can be made to extend the use of isolation gowns (disposable or cloth) such that the same gown is worn by the same HCP when interacting with more than one patient known to be infected with the same infectious disease when these patients possess the same location (i.e., COVID-19 patients residing in an isolation cohort).

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Gowns

Use: For patient care and cleaning in COVID-19 wards.

Re-use of cloth isolation gowns.

Disposable gowns are not typically amenable to being disinfected and re-used because the lack and failure to properly disinfecting gowns, perform hand hygiene immediately after removing gloves.

Credibility for Optimizing the Supply of Isolation Gowns, Crisis Capacity (accessed 29 April 2020)

CDM Strategies for Optimizing the Supply of Isolation Gowns, Crisis Capacity (accessed 29 April 2020)

Decommission and reuse: For cloth gowns or lab coats, remove gown when leaving patient care area. Launder gowns according to routine procedures when soiled and at least daily.

CDM Strategies for Optimizing the Supply of Isolation Gowns, Crisis Capacity (accessed 29 April 2020)

Credibility for Optimizing the Supply of Isolation Gowns, Crisis Capacity (accessed 29 April 2020)

Don’t: Wear shoe covers in routine care as this increases risk for self-contamination. During...
If gowns are not available, what else can be used?

- Reusable laboratory coats
- Reusable (washable) patient gowns
- DisPOSAL (single use) laboratory coats
- Reusable aprons
- Combinations of clothing. Combinations of pieces of clothing can be considered for activities that may involve body fluids and when there are no gowns available:
  - Long sleeve aprons in combination with long sleeve patient gowns or laboratory coats
  - Open back gowns with long sleeve patient gowns or laboratory coats
  - Sleeve covers in combination with aprons and long sleeve patient gowns or laboratory coats

Laboratory coats

Disposable aprons

Layered clothing, preferably with long sleeves and closures that can be fastened.

If possible, avoid coveralls or harmal suits as these can increase risk for self-contamination during removal. There was more contamination risk when donning coversalls as compared to a long gown. (Suen 2018)

### Gloves

**Wear gloves, according to Standard Precautions, when it can be reasonably anticipated that contact with blood or other potentially infectious materials, mucous membranes, non-intact skin, potentially contaminated skin or contaminated equipment could occur.**

Gloves are not a substitute for hand hygiene.

In a 2018 Letter to the Editor in the Annals of Laboratory Medicine, researchers described a small study in which they applied ethanol-based hand sanitizer to five brands of latex and nitrile gloves, rubbed and dried them, and checked for leaks. All brands of gloves were leak-proof for up to 10 disinfection cycles, but after 100 cycles, the tensile strength and elongation may decrease by more than 100%.

**Can I use hand sanitizer on my gloves?**

- Use with face shield, if possible. Can also be worn by patients and caregivers to reduce transmission.

- Avoid touching your face as much as possible. Keep the covering clean. Use of hand sanitizer on gloves reduces the risk for self-contamination and cross-contamination.

- If using latex or nitrile gloves, hand sanitizer can be used up to 10 times to decontaminate gloves if not visibly soiled or damaged.

- Hand contamination risk may increase after 10 disinfection cycles.

- Disinfecting latex and nitrile gloves at least 6 times (the maximum cycles tested) with ethanol-based hand rub had a negligible effect on glove integrity, as measured by tensile strength and elongation.

- Disinfecting nitrile gloves with chlorine-based or alcohol-based hand rub was more effective at reducing contamination on gloves than 10 seconds of washing with soap.

- Use of hand sanitizer on gloves reduces the risk for self-contamination during donning.

**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.

- Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.

**Additional information (quoted or paraphrased from source)**

- When soiled or at least daily, wash with soap and water. Dry before reusing.

- Perform hand hygiene immediately after removing gloves.

- If your task requires gloves, perform hand hygiene prior to donning gloves, before touching the patient or the patient environment.

- After touching a patient, patient environment, or contaminated items.

- The folded mask can be stored between uses in a clean sealable paper bag.

- When soiled or at least daily, wash with soap and water. Dry before reusing.

- Avoid touching your face as much as possible. Keep the covering clean.

- If using latex or nitrile gloves, hand sanitizer can be used up to 10 times to decontaminate gloves if not visibly soiled or damaged.

**Gloves infographic test**

- Storage: Carefully fold so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. The folded mask can be stored between uses in a clean sealable paper bag or breathable container.

<table>
<thead>
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