**COVID-19 PPE**

**Basic Protection & Emergency Alternatives**

*Do*
- Use the highest appropriate PPE protection available to you.
- 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.

**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

**Face Shield or Goggles**

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

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.

**Mask**

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.

**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.

**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.

**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.

**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.

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

**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.

**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.

**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.

Recommendaions 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

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