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

Wash with soap and water or alcohol-based hand rub
- 20–30 seconds
- 15–20 seconds

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.

Face Shield or Goggles
Use
For care of patients with COVID-19 and cleaning in COVID-19 wards.

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

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 if not visibly soiled, damaged, or hard to breathe/see through. 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.

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.