



Personal Protective Equipment Guidelines

Based on Ministry of Health info

Last updated 29 May 2009 and
CDC PPE guidelines

Frontline Health care worker Precautions

- “Frontline Healthcare workers should wear a surgical or procedure mask for close contact, in addition to Standard Precautions, when examining a patient with flu-like symptoms. Precautions should also be taken, with regard to eye protection, gowns, gloves and appropriate ventilation when performing high risk aerosol-generating procedures such as bronchoscopy”

Masking and Separation of those with Flu-like symptoms

- “The Ministry suggests you offer masks to people who are coughing. If possible you should also consider setting aside part of your common waiting area for those who are coughing.”
- “this is a recommendation that could also be used at all times to combat the spread of other respiratory illness through waiting rooms”

How to Don a Mask

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



How to Safely Use PPE

- Keep hands away from face
- Avoid touching or adjusting other PPE
- Remove gloves if they become torn; perform hand hygiene before donning new gloves
- Limit surfaces and items touched

“Contaminated” and “Clean” Areas of PPE

- Contaminated – outside front
 - Areas of PPE that have or are likely to have been in contact with body sites, materials, or environmental surfaces where the infectious organism may reside
- Clean – inside, outside back, ties on head and back
 - Areas of PPE that are not likely to have been in contact with the infectious organism

Removing a Mask



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



Reuse of masks

- Masks are not to be “saved” or reused
- Any mask used needs to be disposed of immediately.
- If wearing a mask for an extended period the effectiveness is decreased if the mask become damp.
- Extending wearing of PPE can be tiring and regular breaks are required then a new mask donned as necessary

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