

# COVID-19

## What PPE Should I Use?

PPE is effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water and respiratory precautions.

If you are required to wear PPE, then you must know how to use it and dispose of it properly – refer to the Bodycare Donning and Doffing Poster for instructions.



### Surgical Mask



As directed by local government as a preventative barrier measure to the asymptomatic transmission of COVID in public and shared places



### P2/N95 Mask



P2 and N95 Masks are not required to be used when in contact with non-confirmed COVID-19 status employees/clients



### Gowns/Aprons



Unless there is a risk of exposure to blood, body fluids, secretions or excretions



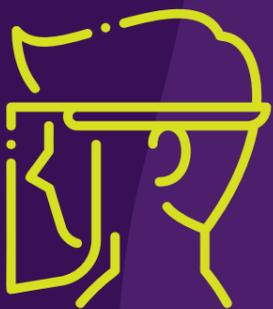
### Gloves



If handwashing facilities are available



If hand sanitising is the only available option, gloves are to be used in conjunction with sanitisers



### Face Shields/Goggles



Unless there is a risk of exposure to blood, body fluids, secretions or excretions

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Information as of 20/07/2020

# COVID-19

## What Mask Should I Wear?



### No Mask - recommended in community setting for general public

- ✓ Healthy
- ✓ At home in isolation with no contact with others
- ✓ Health workers providing services with NO face-to-face contact within 1.5m of others



### Surgical Mask - recommended for use in health workers and general public

- ✓ Symptomatic coughing and sneezing in contact with others
- ✓ Confirmed case in contact with others
- ✓ Caring for others with suspected case of COVID-19 in non-health related settings
- ✓ Seeking medical treatment for suspected COVID-19 with or without coughing and sneezing
- ✓ As directed by local government as a preventative barrier measure to the asymptomatic transmission of COVID in public and shared places



### P2/N95 Mask - not routinely recommended for general public

- ✓ Health workers in contact with suspected or confirmed cases of COVID-19
- ✓ Health workers undertaking procedures where respiratory droplets may be produced
- ✓ Health workers in contact with persons with acute respiratory illness of any kind
- ✓ Immunocompromised persons who can tolerate use and is at risk of exposure

### How Do You Use a Mask?

- 1 Wash hands with alcohol-based hand rub or soap and water and select mask.
- 2 Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it - if you do, wash your hands with alcohol-based hand rub or soap and water immediately.
- 4 Replace the mask with a new one as soon as it is damp.
- 5 Do not re-use single-use masks.

### How Do You Dispose of a Mask?

- 1 Remove the mask by undoing or removing the ties - do not touch the front (face) of mask.
- 2 Discard immediately in a closed bin.
- 3 Wash hands with alcohol-based hand rub or soap and water.

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# Donning & Doffing PPE

## Procedure for Putting On (Donning) PPE

- 1 Wash hands with alcohol-based hand rub or soap and water
- 2 Select mask and cover mouth and nose with mask and make sure there are no gaps between your face and the mask
- 3 Avoid touching the mask while using it - if you do, wash your hands with alcohol-based hand rub or soap and water immediately
- 4 Replace the mask with a new one as soon as it is damp and DO NOT re-use single-use masks
- 5 If required, place goggles or face shield over face/eyes and adjust to fit
- 6 Choose correct glove size to fit firmly on hands
- 7 Place gloves on and extend fully to cover wrists

## Procedure for Removing (Doffing) PPE

- 1 With one gloved hand, grasp the other glove at the base of the palm and peel off
- 2 Ball the glove into the other gloved palm, slide fingers under the remaining glove sleeve opening and peel off encasing the original glove
- 3 Discard immediately in a closed bin
- 4 Remove the goggles/face shield from the back by lifting the arms of goggles or the band of the face shield
- 5 Remove mask by undoing or removing the ties - do not touch the front (face) of mask
- 6 Discard immediately in a closed bin
- 7 Wash hands with alcohol-based hand rub or soap and water

