

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



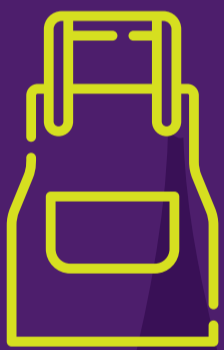
As directed by local government as a preventative barrier measure to the asymptomatic transmission of COVID in public and shared places



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



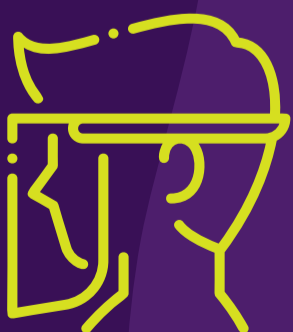
Gloves



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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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

