

Guideline for use of Personal Protective Equipment

Rationale

Personal Protective Equipment consists of specialized clothing or equipment worn by health workers and personnel involved in disease control activities. It is an integral part of routine infection control practice and it is an important component of prevention and control activities. Compliance with the use of PPE and recommended infection control precautions is critical to prevent the transmission of the pathogens. This is also critical in the event of Highly Pathogenic Avian Influenza disease outbreak, in protecting personnel involved in carrying out disease control measures.

Scope:

This document gives guideline to the use of PPE in an appropriate manner. In the event of a pandemic, the availability and appropriate use of PPE is critical in protecting the personnel involved. Disposable PPE should be used whenever possible, because the virus can remain infectious on garments for long periods of time and once used PPE should not be reused.

User:

PPE should be used by:

- All personnel involved in active disease control measures (Outbreak Investigation Team, Field Medical Team).
- All those who are handling infected or suspected to be infected poultry and poultry products. These include cullers and animal husbandry/veterinary staff.
- All doctors, nurses and health care workers who provide direct patient care to avian influenza cases
- All support staff including medical aides, X-ray technicians, cleaners, transport staff, laundry staff
- All laboratory staff who handle specimens from suspect , probable or confirmed cases
- Family members who care for avian influenza patients
- The patient(s) should wear a mask (N95 preferable) when other people are in the isolation area.
- Contacts and travelers during home isolation/quarantine must wear a mask (N95 preferable).
- Personnel handling dead bodies infected with AI

Personal Protective Equipment

The items included are:

- Respirator/Masks (N-95)
- Gloves
- Coveralls / Gowns
- Aprons (Water resistant)

- Hair Covers/Cap
- Face shield/Goggles
- Boots or shoe covers
- Disposable bag
- Alcohol rub

How to use the PPEs

The following steps are reemphasized:

1. Put on a fluid-resistant coveralls/gown

Coveralls: Put on coveralls first. Step into the “feet” of the coveralls first, and pull them up. Zip up the front of the coveralls.

Gowns: Put on the “Sleeve” of the gown first, and pull them to the back. Tie on the knot at the back. You should keep your regular clothing and shoes on under the coveralls.



1. **Shoe cover:** Put on shoe covers second. They should fit over your coverall feet, giving you another layer of protection to protect your shoes from contamination.
2. **Put on disposable particulate respirator/mask:** Put the respirator under your chin with the nosepiece up. Pull the bottom strap over your head, and place it around your neck below the ears. Then pull the top strap over your head and rest it high at the top back of your head.
Perform user seal check of particulate respirator: Place your fingertips from both hands at the top of the metal nosepiece. Using two hands mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.



3. **Use face shield or goggles:** Put on the face shield/Goggles and then pull coverall hood/cap/hair cover over the head, the elastic should hold it in place.



4. **Aprons:** Aprons are provided to fit over the coveralls. They are in a small packet that you will open up, place the apron over. These aprons will protect against splashes and prevent wetting your coverall.



5. Put on gloves (make sure gloves cover cuffs of gown sleeves)
6. Shut the door after entering / leaving ante room (In the health facilities)
7. After performing the procedure, leave the isolation room/area or ante room and observe the following steps:

Procedure to remove the PPE:

1. Remove gloves and discard in biomedical waste bin/bio-hazard plastic bag



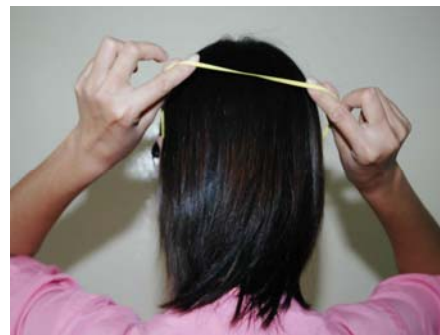
2. Perform hand hygiene, preferably with an alcohol-based hand rub or soap and water
3. Remove and dispose off the apron in the waste bin/biohazard bag
4. **Gown:** Un-tie the knot at the back of the gown and remove it inside out. Dispose it off in the waste bag/bin.
Overall: Unzip and roll down your coverall until it is inside-out, and then step out of it. Place the used coveralls into the biohazard bag.
5. Remove and discard the boot cover. Do hand hygiene with the alcohol rub
6. Remove hair cover and discard in biomedical waste bin



7. Remove protective eyewear and discard in biomedical waste bin



8. Remove medical mask or particulate respirator by grasping elastic band. Do not touch front of particulate respirator (fronts of masks may be contaminated) and discard in biomedical waste bin



9. Perform hand hygiene preferably with an alcohol-based hand rub or soap and water



Note: Before you begin putting on your PPE, it is important to designate a clean location to put on the equipment, preferably away from anything that could be contaminated with infectious materials. Wash your hands with soap and water before you begin, and remove watches and other non-smooth jewelry like bracelets.

How to Wash Your Hands Correctly

- Wet your hands with water and apply soap. Use clean, running water.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds.
- Rinse hands well under running water
- Air dry your hands, or use towel.

When to Wash Your Hands While Using PPE

- Before putting on your PPE
- Before putting on your gloves or respirator again after taking a work break
- Before and after changing your respirator
- After taking off your gloves and the rest of your PPE, and placing them in the waste bag
- Any other time your ungloved hands have come into contact with potentially infected and suspected cases, equipment or surfaces.

Key points about PPE

- Put on the PPEs before contact with the patient, generally before entering the isolation room or contaminated/infected area (during disease outbreak control and containment)
- For respirator : fit test, fit check

- Use carefully : don't spread contamination, limit surfaces and items touch
- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Remove gloves if they become torn; perform hand hygiene before new gloves
- Remove and discard PPE carefully, either at the doorway or immediately outside patient room;
- remove respirator outside room

Key points to remember about PPE

- Put on the PPEs before contact with the patient, generally before entering the room
- For respirator : If you can, do a fit test to make sure no particles can get through
- Use carefully : don't spread contamination, limit surfaces and items touch
- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Remove gloves if they become torn; perform hand hygiene before new gloves
- Remove and discard PPE carefully, either at the doorway or immediately outside patient room; remove respirator outside room
- All of the PPEs supplied are disposable and are designed for use one time only.
- None of the supplied PPEs should be reused or washed for reuse – reuse could result in infection of you or someone else.
- Do not use, or provide N-95 respirators to others, without instruction on the health risks associated with them. For example, workers with poor lung function may not be able to wear these respirators.
- N-95 respirators should not be hung around your neck when working, always wear them when working.
- A designated area for putting on PPEs should be identified and all personnel should use this area to put on their PPEs. This should ideally be in a clean area outside/away from isolation room or birds or any other potentially contaminated area and equipment.
- A designated area for removal of PPEs should be identified and all personnel should use this area to remove their PPEs.
- Use of PPEs can sometimes make the job more difficult to accomplish because they can be cumbersome, hot, or uncomfortable. However, PPEs are necessary to prevent from becoming infected or from spreading the virus.