



# Personal Protective Equipment - COVID-19

Caring for residents with confirmed or suspected COVID-19

## General Guidance

**Before caring for patients/residents with confirmed or suspected COVID-19, healthcare personnel (HCP) must:**

- **Receive comprehensive training** on when and what personal protective equipment (PPE) is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.<sup>1</sup>
- **Demonstrate competency** in performing appropriate infection control practices and procedures.<sup>1</sup>

## Required PPE for HCP w/ Direct Care of Patients with Confirmed or Suspected COVID-19

Face shield or goggles, N95 or higher respirator, *one pair* of clean non-sterile gloves, *one* isolation gown.<sup>1</sup>

## How to Don (put on) and Doff (take off) PPE

**Sample posters/videos that can be posted and/or used for training staff:**

Poster [Use PPE When Caring for Patients w/ Confirmed or Suspected COVID-19](#), CDC

Poster [Sequence for Putting On / Remove PPE](#), CDC

Fact Sheet [User Seal Check](#), CDC/NIOSH

Poster [Respirator On/Respirator Off](#), CDC

Poster [How to Properly Put on and Take off a Disposable Respirator](#), CDC/NIOSH

Poster [Understanding the Difference – Surgical Mask V. N95](#), CDC/NIOSH

Video [Use PPE Correctly for COVID-19 for Long-Term Care Staff](#), CDC

Video [How to Don \(Put On\) PPE](#), CDC    Video [How to Doff \(Take Off\) PPE](#), CDC

PowerPoint [Guidance for the Selection and Use of PPE in Healthcare Settings](#) *provides information on both PPE and infection control practices.* CDC

***Refer to the manufacturer's instructions for how to don and doff the specific product.***

## Limitations, Proper Care, Maintenance<sup>1</sup>

- PPE must be donned correctly before entering the patient area (e.g., isolation room, unit if cohorting).
- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas.
- PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

*Refer to the manufacturer's instructions for limitations/proper care/maintenance of the specific product.*

The following webpages provide information on limitations, proper care, and maintenance of PPE:

- [Optimizing Personal Protective Equipment \(PPE\) Supplies](#), CDC
- [Personal Protective Equipment: Questions and Answers](#), CDC

## Guidelines for Disposal of PPE

- **PPE used to prevent the spread of COVID19 may be discarded in the general trash**, assuming that the waste would not otherwise be classified as medical waste (e.g., **not** saturated with liquid human blood or body fluids to the point that it may release these fluids from the PPE).
- Place receptacles in appropriate location for disposal of PPE.
- Tie off bags before disposal.
- Never place PPE into recycling containers, as recycling facilities and employees performing the sorting of the materials could be exposed.

[Coronavirus Disease 2019 PPE Waste Disposal Guidance](#), EGLE

## Demonstrate Competency – Sample Forms

Form [Documentation of Training](#), ICHD

Form [PPE Competency Validation](#), SPICE, (permission to use granted by North Carolina SPICE 3/21)

**Additional Information** [Using PPE](#), CDC

[Recommendations for HCP During COVID-19 Pandemic](#), CDC

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<sup>1</sup> [Using PPE](#), CDC