

One Minute of Learning

A Special Edition for Families



Volume 10, Issue 7.3

JULY 2020











A Guide to Personal Protective Equipment (PPE)

With direction from the most recent order of the Medical Officer of Health, AgeCare sites are moving from a restricted access to “Safe Access” for families and visitors to see their loved ones.

With the changes, residents and families will accept and work with us to minimize the risk of exposure to and stop the spread of the COVID-19 virus.

During any visit, you will be required to wear some type of Personal Protective Equipment (PPE). There is a right way to put the equipment on and to take it off. Using a step by step method, you can be sure to continue to protect yourself and your loved one.

The following leaflet can help you with using the most common types of PPE.

PPE Checklist Contact and Droplet Precautions					
Steps for putting on PPE			Steps for taking off PPE		
1		Clean hands	1		Gloves
2		Gown	2		Clean hands
3		Mask with visor or mask and eye protection	3		Gown
4		Gloves	4		Clean hands
Using PPE the right way at the right time, for the right reason is a responsibility. It doesn't protect you if you don't!			5		Mask with visor or mask and eye protection
			6		Hand sanitizer or soap and water

What You Need to Know

- There is a systematic way to put on your personal protective equipment and taking it off
- Contact and Droplet precautions should be used by anyone when entering a room of a resident on isolation
- **If you don't use the right PPE at the right time or you misuse it, you may cause the spread of infection to yourself and others**
- **If you are choosing to wear your gloves all the time, you are probably rarely performing hand hygiene. Not washing your hands between residents, tasks, or rooms, will be a reason that viruses can spread.**

FREE Masks are still available for the general public at any A&W, McDonalds and Tim Hoston's locations.

You can always visit our Webpage www.agecare.ca/Coronavirus or call (403) 351-8984 for updates.

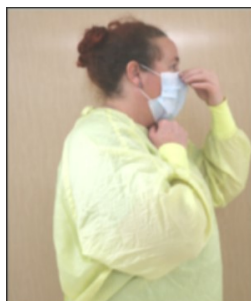
All the Personal Protective Equipment for Contact/Droplet Precautions

Gowns



- Should have long sleeves that cover you arms to your wrist
- Should be closed using both ties at the neck and the back
- They should not be worn backwards and tied at the front
- They should not be left open at the back or the front

Masks



- You should wear your mask at all times.
- A procedure or surgical mask is sufficient protection
- You must avoid touching your face even if wearing a mask
- Put the loops over your ears
- Bend the soft piece at the top over the bridge of your nose and pull the bottom down to cover your chin

Eye Protection



- Put on after your mask
- Can be cleaned and disinfected between uses
- Safety glasses, Face shields, and occlusive eye goggles are all adequate to use as eye protection
- Your own eye glasses would not be effective

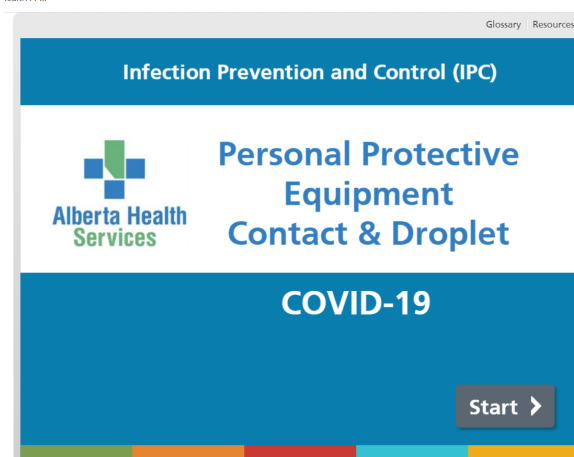
Gloves



- Gloves are never a substitute for hand hygiene
- They can't be washed
- They must be changed between residents and between care activities for the same resident
- Gloves should cover the cuff of your gown
- You should not be wearing gloves in the hallway

The N95 Mask

- A N95 mask is a negative pressure air purifying respirator
- When you inhale, a negative pressure is created in the mask and the surrounding air flows through a filter which removes the contaminants. The clean air continues into the mask and into the lungs
- COVID-19 is spread by contact and droplets that land on surfaces. The virus is not in the air.
- When you are out in general public, a procedural mask is providing you the protection from COVID-19
- Our staff use an N95 mask when caring for a resident with symptoms during an Aerosol Generating Medical Procedure (AGMP)
- For best protection, you must be fit tested to wear an N95 mask



https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/modules/ipc/ipc-ppe-covid/story_html5.html

The above link can take you to the AHS website for a great quick video on how to use personal protective equipment with Contact and Droplet precautions