

One Minute of Learning













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What You Need To Remember About Your Personal Protective Equipment

There is a right way to put your equipment on and to take it off. Using a step by step method, you can be sure to continue to protect yourself and the residents you are caring for.

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
			5		Mask with visor or mask and eye protection
			6		Hand sanitizer or soap and water

Our responsibilities as Health Care Workers, requires us to use our PPE the right way at the right time, for the right reason. It doesn't protect you if you don't!

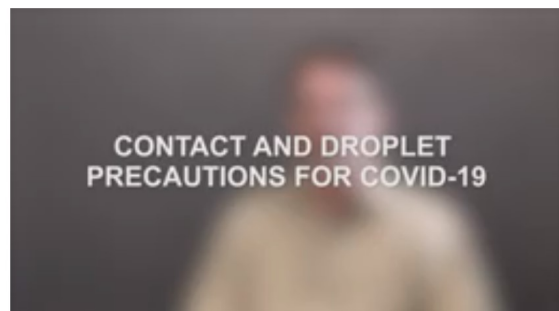
What You Need to Know

- There is a systematic way to put on your personal protective equipment and taking it off
- Contact and Droplet precautions should be used by a Health Care Worker 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.**

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

On the staff section of AgeCare's webpage, you will find this great video about Contact & Droplet Precautions.

COVID-19 Contact and Droplet Precautions (source: Fraser Health Authority)



For current information on COVID-19, these websites are updated daily:

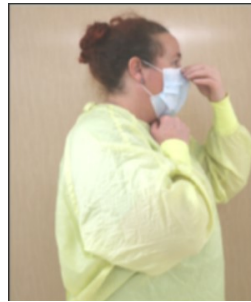
All the Personal Protective Equipment for Contact/Droplet Precautions

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



- Is put on after your gown
- 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

- Used when providing an Aerosol Generating Medical Procedure (AGMP)
- You must be fit tested to wear an 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.
- The virus or contaminants stay on the outside of the mask
- If you wear your mask around all the time, you could be carrying all the contaminants wherever you go after leaving the isolation room



Glossary Resources

Infection Prevention and Control (IPC)

Alberta Health Services

Personal Protective Equipment Contact & Droplet

COVID-19

Start >

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