



Infection Control Guidelines

Personal Protective Equipment (PPE) incorporates

- Gowns
- Masks
- Goggles and
- Gloves

How to don PPE

Sequence of donning PPE

- Gown
- Mask
- Face shield or protective eyewear
- Gloves

Gowns

Gowns are required if your clothes are likely to come into contact with infectious matter. Gowns should be discarded each time they are removed. When a gown is required, it is the first item of PPE to be donned.



How to don a gown

- Use a new gown each time
- Secure gown at neck and waist

Masks

Surgical masks [or P2 (N95, PFR95) for airborne precautions as directed] are required whenever aerosolisation or splash from blood or body fluids may occur.

If a mask is required, this is the second item of PPE to be donned.



How to fit an N95 mask

- Place the mask over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with elastic ties
- Adjust to fit
- Perform a fit test:
 - Inhale – mask should collapse
 - Exhale – check for leakage around face



Goggles/ Protective eyewear

Goggles are required whenever aerosolisation or splash from blood or body fluids may occur.

- Goggles or face mask should be comfortable to wear and easy to see through.
- Handle by ear pieces

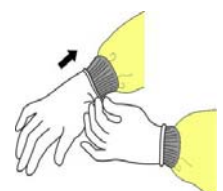


Gloves

Gloves are required if contact with infectious matter, blood or body fluid may occur. If gloves are required, they are the last item of PPE to be donned

How to don gloves

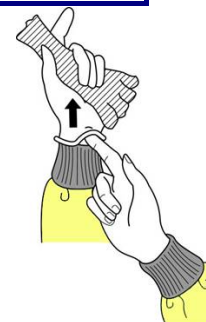
- Select correct type and size
- Insert hands into gloves
- If wearing a long sleeved gown, extend gloves over gown cuff



How to remove PPE

Sequence of removing PPE

- Gloves
- Face shield or protective eyewear
- Gown
- Mask (P2)
- Wash or disinfect hands immediately after removing PPE



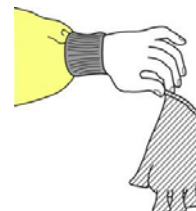
Gloves

If gloves are required, they are the first item of PPE to be removed.

How to remove gloves

Step 1.

- Grasp outside edge of the glove near the wrist
- Peel away from hand, turning glove inside-out
- Hold in opposite gloved hand



Step 2

- Slide ungloved finger under the wrist of the remaining glove
- Peel off from inside, creating a bag for both gloves
- Discard

Goggles/ Protective eyewear

- Handle by ear pieces
- Decontaminate or discard (as applicable) after use.



Gowns

How to remove a gown

- Untie gown at neck and waist
- Fold gown in on itself so the clean side of the gown is exposed
- Discard into linen skip IMMEDIATELY



Masks

If a mask is required, this is the last item of PPE to be removed.

How to remove an N95 mask

- Lift the bottom elastic over your head first
- Then lift off the top elastic
- Discard the mask
- Handle mask by elastic/ ties. Avoid touching the mask itself as it may be contaminated on the internal and external surfaces

