



County of Henrico

Division of Fire

An Internationally Accredited Fire Service Agency



(804) 501-4900
FAX 804-501-4642

Educational Resources

Hand Hygiene

- Healthcare facilities should ensure that hand hygiene supplies are readily available to all personnel in every care location.
- All personnel should perform hand hygiene before and after all patient contact, contact with potentially infectious material, and before putting on and after removing PPE, including gloves. Hand hygiene after removing PPE is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process.
- All personnel should perform hand hygiene by using alcohol-based hand rub (ABHR) with 60-95% alcohol or washing hands with soap and water for at least 20 seconds. If hands are visibly soiled, use soap and water before returning to ABHR.

***Trash disposal bins should be positioned near Hand Hygiene areas to include the exit areas of the resident room, maintenance area, to make it easy for staff to discard hand drying towels, PPE after removal, prior to exiting the room, or before providing care for another resident in the same room.

Personal Protection Equipment (PPE)

Who Needs PPE?

- **Healthcare personnel** should adhere to Standard and Transmission-based Precautions when caring for patients with SARS-CoV-2 infection. Recommended PPE is described in the [Infection Control Guidance](#)
- **Patients** with confirmed or possible SARS-CoV-2 infection should wear a facemask when being evaluated medically
- **Administration, Custodial & Maintenance Personnel** should follow similar guidance when in patient or staff areas.

Sequence for Proper Donning (putting on) and Doffing (removal) of PPE

- **Instruction with Posters**
 - [CDC PPE](#) (verbiage is in American English and Spanish)
 - https://www.cdc.gov/coronavirus/2019-ncov/Healthcare_personnel/using-ppe.html
- **Reminder:** Trash disposal bins should be positioned near the exit inside of the resident room to make it easy for staff to discard PPE after removal, prior to exiting the room, or before providing care for another resident in the same room.

Reference: [CDC Coronavirus Disease 2019 \(COVID-19\) Preparedness Checklist](#)

- **Resource Videos**

- PPE COVID 19 video made by Sunnybrook Hospital
<https://www.youtube.com/watch?v=syh5UnC6G2k>
- General Instructions for Disposable respirators
https://www.youtube.com/watch?v=0d_RaKdqeck
- The VCU video shows how to use both the round and duckbill style masks. The gowns in this video have plastic ties and the gowns can be pulled off without untying.
<https://www.youtube.com/watch?v=yB-z9XwS6zM&feature=youtu.be>



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PPE Supervisor Checklist

Donning

1. Gown, mask, face shield or goggles, gloves, hand hygiene station, head cover, and trash bin are all available.
2. Donning will occur outside patient area.
3. Remove any unnecessary jewelry.
4. Tie up and/or cover long hair.
5. Shave off facial hair to ensure a good mask seal.
6. Hand hygiene for 20 seconds.
7. Check gown for defects. No Defects. Don gown.
8. Don face mask. Top strap to crown of head. Bottom strap to back of neck.
9. Mold mask to the face. Starting at the nose.
10. Check for a good seal by exhaling and feeling for leaks.
11. Don face shield or goggles.
12. Don gloves. Ensure that they are pulled above the cuff of the sleeve with no skin showing.
13. Ready to enter patient care area.

Doffing

1. Begin Process in patient room near door or in decontamination area.
2. Doff gown. Rip off at shoulders and waist if disposable. Untie if necessary.
3. Remove gown inside out and roll off over hands until the gloves can be removed inside out.
4. Ball up gown and gloves and place them in the trash bin.
5. Hand Hygiene for 20 seconds if hands became contaminated.
6. Remove face shield or goggles.
7. Hand Hygiene for 20 seconds if hands became contaminated.
8. Leave the patient room or decontamination area.
9. Hand Hygiene for 20 seconds.
10. Remove Mask: lean forward, pull bottom strap over the head, release, pull upper strap over the head, drop mask into trash bin.
11. Remove head covering if used.
12. Hand Hygiene for 20 seconds or use sink with soap and water to scrub hands and arms up to elbows.



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Maximizing PPE Use and Handling Shortages

Strategies for Optimizing the Supply of Isolation Gowns

- CDC: https://www.cdc.gov/coronavirus/2019-ncov/Healthcare_personnel/ppe-strategy/isolation-gowns.html
- Kansas Dept. of Health and Environment:
http://www.kdheks.gov/coronavirus/toolkit/Strategies_for_Optimizing_Isolation_Gowns.pdf

Strategies for Optimizing the Supply of Eye Protection

https://www.cdc.gov/coronavirus/2019-ncov/Healthcare_personnel/ppe-strategy/eye-protection.html

Strategies for Optimizing the Supply of Facemasks

https://www.cdc.gov/coronavirus/2019-ncov/Healthcare_personnel/ppe-strategy/face-masks.html

- **Use of Cloth Face Coverings to Help Slow the Spread of COVID-19**
 - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
 - Surgeon General How to make your own mask
<https://www.youtube.com/watch?v=tPx1yqvJgf4>

Strategies for Optimizing the Supply of N95 Respirators

https://www.cdc.gov/coronavirus/2019-ncov/Healthcare_personnel/respirators-strategy/index.html

- The information provided below regarding Administrative Controls and PPE: Respiratory Protection, is divided by the color of headings which change as the user scrolls down the page. The headings are blue, yellow, and gray. A letter signifying the appropriate color heading is placed by each topic in the bullet points below.
- In the N95 Respirators link provided above **under Administrative Controls:** is information regarding Source Control (B), Cohorting Patients (B), and Cohorting Health Care Providers (B) to reduce transmission and conserve PPE
- In the N95 Respirators link provided above **under Personal Protective Equipment: Respiratory Protection:** is guidance on the use of N95 alternatives (B), extended use of N95 respirators (Y), limited reuse (G), and prioritization of use (G).
- **Resource Videos**
 - University of Florida instructions for making masks:
<https://anest.ufl.edu/clinical-divisions/mask-alternative/>
 - National Center for Biotechnology Information instruction for making masks:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3373043/>