

Personal Protective Equipment



Personal Protective Equipment

- Personal Protective Equipment or PPE is specialized clothing or equipment that protects from exposure to blood and other potentially infectious material.
- Forsyth County makes PPE available to you in the appropriate size and at no cost.



Personal Protective Equipment

- Forsyth County Emergency Management oversees handling and distributing the PPE needed and coordinates PPE purchases with Procurement.
- Please note a Forsyth County Employee should NEVER take-home contaminated PPE to be washed!



What is PPE for?

- Gloves – protect hands
- Gown/Apron – protect skin
- Masks – protect mouth/nose
- Face Shields – protect face, mouth, nose and eyes
- Goggles – protect eyes



Reusing of Face Masks



Per the CDC –

- The face mask should be removed and discarded if soiled, damaged, or hard to breathe through.
- If any re-adjusting or touching of the mask, you are encouraged to immediately conduct hand hygiene.



Reusing of Face Masks

- Not all face masks can be re-used.
 - Face masks that fasten to the provider via ties may not be able to be undone without tearing and should be considered only for extended use, rather than re-use.
 - Face masks with elastic ear hooks may be more suitable for re-use.



Reusing of Face Masks

- Not all face masks can be re-used.
 - If one needs to remove the face mask, do so in a non-public area.
 - Face masks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. The folded mask can be stored between uses in a clean sealable paper bag or breathable container.



Video of how to Store Masks for Reuse

The Tupperware Option:

<https://youtu.be/jHuzqNyy2s0>

The Paper Bag Option:

<https://www.smh.com/blog/mask-wearing-101-how-to-use-re-use-a-face-mask>



Disposable Gloves

- Disposable gloves are meant to be disposed of after one time use and are not made to be re-worn for repeated uses.
- If you are reusing disposable gloves, it may increase the risk of exposure to viruses as microscopic tears can develop, even while washing/disinfecting them and therefore is not recommended.
- However since gloves are also limited, you may wash/clean your gloved hands up to 10 times with soap and water or up to 6 times with hand sanitizer.



Disposable Gloves

- The CDC recommends that disposable medical gloves should always be discarded after:
 - Visible soiling or contamination with blood, respiratory or nasal secretions, or other body fluids occurs
 - Any signs of damage (e.g., holes, rips, tearing) or degradation are observed
 - Maximum of four hours of continuous use
 - Doffing. Previously removed gloves should not be re-donned as the risk of tearing and contamination increases. Therefore, disposable glove “re-use” should not be performed.



Disposable Gloves



- After removing gloves for any reason, hand hygiene should be performed with alcohol-based hand sanitizer or soap and water.

No Gloves Available?

- If gloves are unavailable the CDC recommends the practice of washing your hands with soap and water.



The five Steps to Washing Your Hands

- Follow these five steps every time according to the CDC.
 1. **Wet** your hands with clean, running water (warm or cold) and apply soap.
 2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 4. **Rinse** your hands well under clean, running water.
 5. **Dry** your hands using a clean towel or air dry them.



No Gloves, No Soap or Water Nearby?

Hand Sanitizers can quickly reduce the number of germs on hands in many situations.

- However according to the CDC, sanitizers do not get rid of all types of germs and they do not work well if your hands are visibly dirty or greasy.



No Gloves, No Soap or Water Nearby?

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Contaminated Glove Removal

The Red Cross demonstrates how to remove disposable contaminated gloves in 3 easy steps.



1. Pinch one of the gloves near the wrist



2. Slip two fingers under the glove the second glove



3. Pull the glove until it comes off inside out.



Reusing Face Shields/Goggles

Selected Options for Reprocessing Eye Protection – per the CDC:

- When manufacturer instructions for cleaning and disinfection are unavailable, such as for single use disposable face shields, consider:
- While wearing gloves, carefully wipe the *inside*, followed by the *outside* of the face shield or goggles using a clean cloth saturated with neutral detergent solution or cleaner wipe.



Reusing Face Shields/Goggles

Selected Options for Reprocessing Eye Protection –
per the CDC:

- Carefully wipe the *outside* of the face shield or goggles using a wipe or clean cloth saturated with EPA-registered hospital disinfectant solution.
- Wipe the outside of face shield or goggles with clean water or alcohol to remove residue.
- Fully dry (air dry or use clean absorbent towels).
- Remove gloves and perform hand hygiene.



How to Properly Clean Face Shields

https://youtu.be/nBC65j_AiwU



Quick Guide to Gowns

The CDC provides the following information on Gowns

- Gowns are non-sterile, long-sleeved hospital gowns (isolation gowns or surgical gowns) are indicated for use for direct care of patients with COVID-19. These are available in both disposable and reusable options.
- Disposable gowns are generally made of a spun bound synthetic material. Reusable (washable) gowns are typically made of cotton or cotton-blend fabrics; gowns made of these fabrics can be safely laundered and reused if they are in good condition.



Resources

- “Preventing the Spread of Bloodborne Pathogens,” *Red Cross*, Online Resources 2011, https://www.redcross.org/content/dam/redcross/atg/PDF_s/Health_Safety_Services/Training/PreventingSpreadBloodbornePathogensFactandSkill.pdf
- “PPE Strategy” *CDC.GOV* , online resources March 17, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html#conventional-capacity>
- “Strategies for Optimizing the Supply of Eye Protection” *CDC.gov*, online resources, March 17, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/eye-protection.html>
- “Strategies for Optimizing the Supply of Disposable Medical Gloves. *CDC.gov*, online resources, March 17, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/gloves.html>
- “When and How to Wash Your Hands” *CDC.gov* , online resources, April 2, 2020 <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- “Operational Considerations for Personal Protective Equipment in the Context of Global Supply Shortages for Coronavirus Disease 2019 (COVID-19) Pandemic: non-US Healthcare Settings” *CDC.gov*, online resources, May 5, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/non-us-settings/emergency-considerations-ppe.html>

- Photos

Amazon.com, undarkorg, dcvalocity.com, cbrstyle.com

