

COVID-19: Safe Practices



LIFEPPOINT
HEALTH®

What we're doing to protect each other

- Placing plastic barriers at screening stations
- Increasing air flow to areas where possible
- Screening staff, patients and visitors for symptoms
- Universal masking – everyone in the facility is to wear a mask: patients as tolerated, staff and visitors
- Keeping 6 ft apart



Self Care and Safe Home

What you can do to protect yourself and others when at home and at work

- Wash your hands often
- Avoid close contact – maintain 6 ft apart
- Cover your **mouth and nose** when around others
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces daily

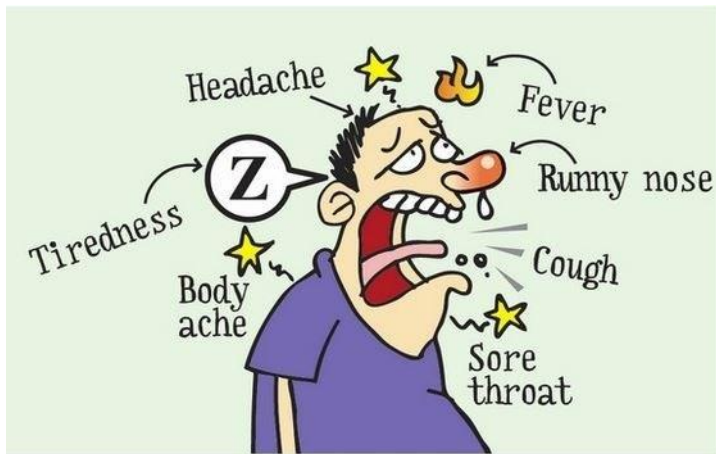


<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Self Care and Safe Home

Monitor yourself for symptoms of COVID – 19.

Notify your supervisor if you have any symptoms **before** coming to work.



Possible symptoms:

- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea

Self Care and Safe Home

Before Work

- Bring your work clothes in a washable bag and a pair of shoes that can be easily cleaned and left at work or in your car
- Wear your personal clothes to work
- Bring any food from home in a disposable bag
- Practice proper hand hygiene



Self Care and Safe Home

During Work

- Disinfect your phone, ID badge, eyewear and any work supplies (e.g. stethoscope) on a regular basis
- Perform proper hand hygiene frequently; avoid handshakes and high-fives
- Disinfect your lunch/break space before and after eating
- Practice social distancing
- Wear appropriate PPE, as directed



Self-Care and Safe Home

Make a safe transition from work to home

After Work

- Disinfect your phone, ID badge, eyewear and any work supplies again
- Leave what you can at work
- Place contaminated work clothes and shoes in your washable “dirty clothes” bag
- Wash work clothes, white coats and other washable contaminated items, including “dirty clothes” bag with detergent
- Leave your work shoes outside your home or keep them in your dirty clothes bag
- Keep your non-work clothes and shoes in a separate clean and washable bag, taking care to keep them separate from your work clothes
- Shower immediately when you arrive home



Self-Care and Safe Home

Protecting Facial Skin Under N95 Masks



PROTECTING FACIAL SKIN Under PPE N95 Face Masks



1

PREP YOUR SKIN

- Cleanse your face gently with pH balanced cleansers
- Apply liquid skin sealants/protectants on areas of direct mask contact and allow to dry
- Do not use petrolatum jelly or mineral oil as a skin sealant

2

GET THE PRESSURE OFF!

- Remove the mask by lifting at the sides for at least 5 minutes every 2 hours, and ideally 15 minutes every 2 hours
- If this time frame isn't practical, any pressure relief is helpful

3

DO IT ALL SAFELY!

- Do not use dressings that alter the seal of the N-95 mask
- If you use thin prophylactic dressings on your nose or cheeks, recheck the seal of the N-95 mask
- Preliminary reports indicate thin dressings can be used under other PPE devices if they don't impair the function of the PPE device
- When removing the thin prophylactic dressing, close eyes and avoid inhaling any aerosolized virus or particles

4

HELP WOUNDS HEAL

- Treat abrasions from masks with moisturizer, skin sealant, cyanoacrylate or a thin dressing
- Do not apply cyanoacrylates near the eyes or mouth

Please refer to the NPIAP position statement on preventing injury with N95 masks for more detail
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Hair Covers



- CDC does not recommend hair or shoe covers as PPE for caring for COVID-19 patients
- Hair covers may be brought from home and can incorporate skin breakdown prevention

COVID-19 – Mask Types

Note: Styles and colors of each mask type may vary by facility



Procedure/Isolation Mask

- Staff not directly caring for suspected COVID or COVID+
- Staff who may have been exposed to COVID
- Screeners
- Visitors accompanying any patient
- Vendors or contractors
- *With eye protection, can be used with COVID+ or suspected COVID*



Surgical Mask

- Protects from fluids and droplets
- Staff caring directly for suspected COVID or COVID+
- Must use with eye protection

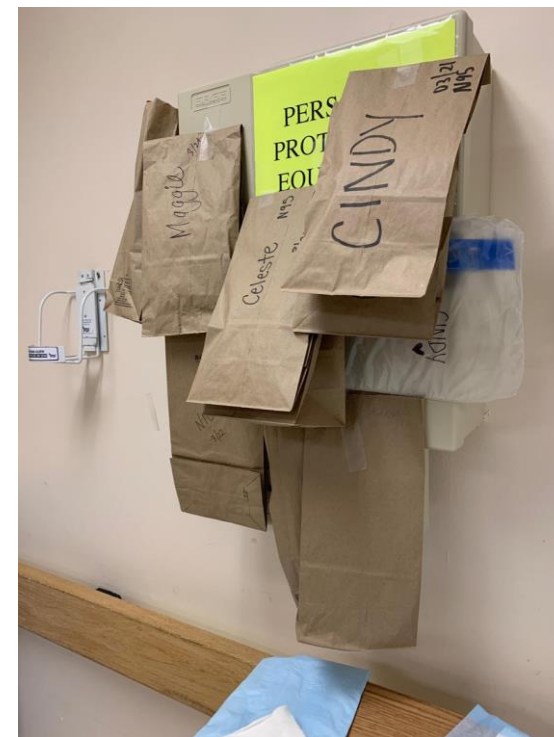


N95 Respirator

- Staff caring directly for suspected COVID or COVID+
- Staff in room during or performing aerosolizing procedures including:
 - Intubation
 - Nebulizing Treatments
 - Bronchoscopy
 - BiPAP, CPAP, Vapotherm
 - Sputum Induction
 - Open Airway Suctioning
- Must use w/ eye protection

Masking Protocols

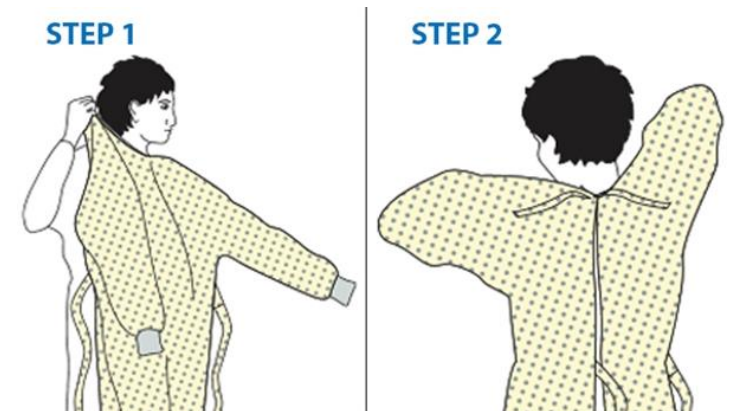
- All team members are required to wear a mask while working
- Clean your hands before and after touching your mask
- Safely store your mask when you are not wearing it
- Don't wear makeup with N95s; it can make the masks appear soiled even after decontamination
- Continue to follow N95 conservation strategies



Donning PPE Safely

What are the steps?

- Identify and gather the proper PPE to wear
- **Perform hand hygiene** using hand sanitizer or soap and water
- **Put on the isolation gown** – Tie all of the ties on the gown.



Donning PPE Safely

What are the steps?

1. Put on a N95 respirator or higher
 - A. Use a facemask if a respirator is not available.
 - B. Fit the nose piece to the nose with both hands; don't bend or tent. Do not pinch the nosepiece with one hand.
 - C. The respirator should extend under the chin covering both mouth and nose.
 - D. Do not wear your mask under your chin or store in a uniform pocket between patients.

* Respirator – the top strap placed on crown of head and the bottom strap to base of the neck. Perform a seal check each time you put on the respirator.

* Facemask – top tie should be placed to the crown of the head; bottom tie to base of neck. If the mask has ear loops, place them appropriately around the ears.



Donning PPE Safely

What are the steps?

2. Put on a full-face shield or goggles
3. Put on gown – tie all ties
4. Perform hand hygiene before putting on gloves.
5. Put on gloves - the gloves should cover the cuff (wrist) of the gown.
6. The healthcare provider may now enter the patient's room



Doffing PPE Safely

What are the steps?



1. Perform hand hygiene
2. Remove face shield or goggles by grabbing the strap at the back of the head and pulling it forward and away from the head. Do not touch the front of the face shield or goggles.

Doffing PPE Safely

What are the steps?

3. Remove and discard the respirator or face mask. Do not touch the front of the respirator or face mask. If the facility is practicing re-use or extended use of respirators, deposit the mask in the designated location.
 - A. Respirator – remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head then pull the respirator away from the face without touching the front of the respirator.
 - B. Face mask – carefully untie or unhook from the ears and pull away from the face without touching the front of the mask.



Doffing PPE Safely

What are the steps?

- Perform hand hygiene after removing the respirator or face mask and before putting it on again if your workplace is practicing re-use.
- Remove gloves – Dispose of in a trash receptacle.
- Remove gown – untie all ties or unsnap all buttons. Dispose of in a trash receptacle.
- Perform hand hygiene
- The healthcare provider may now exit the patient room.

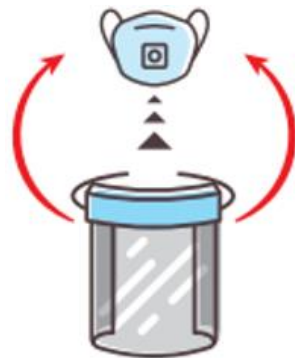


Conservation Strategies

Protect

Protect your N95 respirator or face mask by:

Wearing a face shield over it



Clean the face shield with a disinfectant after each use



Personal Protective Equipment (PPE)

N95 Respirators

Extended Use:

- Wear same N95 masks for multiple patients without taking it off
- Can wear the same N95 mask for 8 - 12 continuous hours
- Minimize touching outside of mask
- Replace the mask if torn, soiled or difficult to breathe through

Re-Use:

- Limit the number of re-uses to 5 uses per N95 mask before disposal or sanitization
- Practice strict hand hygiene to not self-contaminate
- Use proper technique putting on and taking off mask
- Inspect mask for tears, soiling before using
- Do a seal check each time the N95 is put on

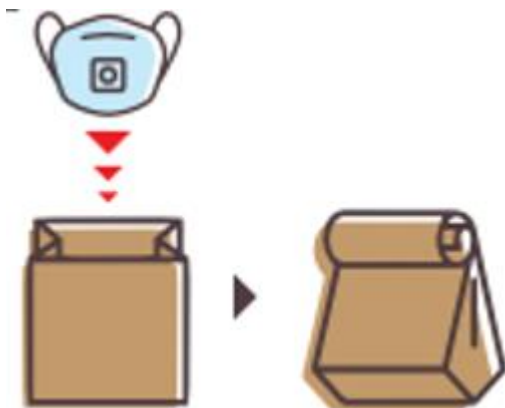
N95 Sanitizing / Disinfection & Extended Re-Use

Facilities that have internal mask sanitizing or contract with outside mask sanitizing agency can extend the use of masks and respirators beyond the recommend 5 reuses.

- Facility must have a documented process for mask/respirator sanitizing
 - Process includes documentation of maximum number of re-sanitizations
 - Process is authorized by either; FDA or sanitizing manufacturer acting under authority for Emergency Use Authorization
 - Process includes directions for permanent disposal of masks/respirators that are damaged or unable to be sanitized

Conservation Strategies

Preserve



When not in use, N95 masks should:

- Be kept in a clean container like a paper bag
- Protected from damage



Only discard N95 masks when:

- Visibly soiled
- Torn
- Difficult to breathe through
- Per hospital protocol

Face Shields

Re-Use Strategies

Instructions for reuse of face shield:

1. After completing patient care, doff gown and gloves
2. Perform hand hygiene and don clean gloves.
3. Remove, then disinfect, face shield using an EPA registered/hospital approved disinfectant
4. Place face shield in labeled bag.
5. Remove gloves
6. Perform hand hygiene using hospital approved hand sanitizer.
7. Remove facemask.
8. Perform hand hygiene using hospital approved hand sanitizer.



Conservation Strategies

Gowns

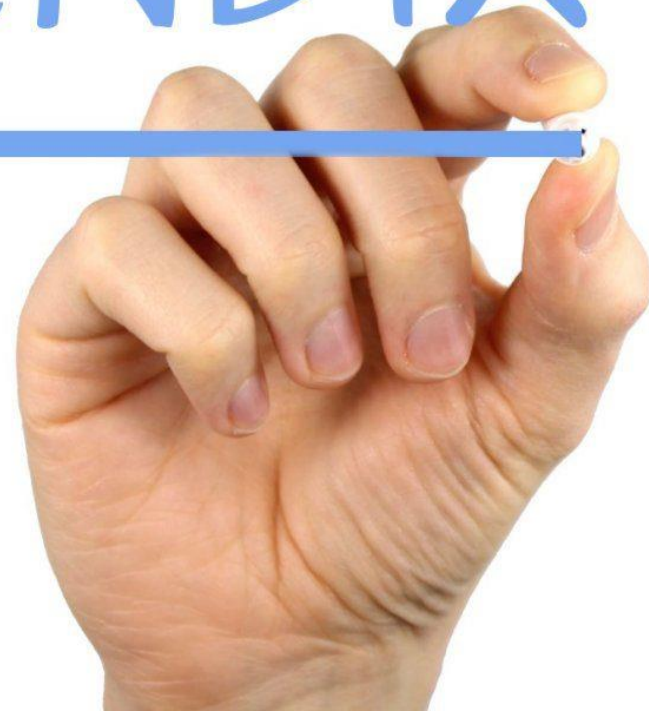


- Consider using washable cloth isolation gowns
- Use gowns past designated shelf life
- Extended use – gown may be worn while interacting with multiple co-horted patients in the same location as long as there is no co-infection
- Plan/coordinate care activities allowing staff to do several items while in the room to reduce the number of times staff enter the patient's room
- Consider using coveralls if isolation gowns are not available

Transporting COVID-19 Patients Safely

- To assist patient on to wheelchair or gurney, transporter wears all recommended PPE:
 - gloves,
 - gown,
 - respiratory protection (mask or N95)
 - eye protection
- Once the patient has been transferred to the wheelchair or gurney, transporter will:
 - Place a mask on patient, covering mouth and nose
 - Remove all PPE
 - Perform hand hygiene
 - Put on a face mask
- To assist patient from wheelchair or gurney, transporter wears all recommended PPE:
 - gloves,
 - gown,
 - respiratory protection (mask or N95)
 - eye protection

APPENDIX



Donning PPE Infographics

Airborne/Contact Precautions

putting ON PPE **What You Need** View the PPE video at med.emory.edu/PPE

(ACE)

Contact gown N95 Respirator Face shield or goggles Gloves

1 Gown + Gloves

1 Remove any personal items and jewelry and put in secure location, not in pockets.

2 Sanitize hands.

3 Put on contact gown outside room. Open-end faces your back. Tie the back of the gown.

4 Put on gloves over the cuffs of the gown.

5 Respirator

5 Put on N95, ensuring proper seal. Ensure straps are not crossing.

6 Place hands over the front of the N95. Breathe an easy deep breath in and out. If you feel air escape the edges, refit and repeat.

7 Sanitize gloves.

8 Eyes + Entry

8 Put on face shield.

9 Sanitize gloves.

10 ENTER room

DO NOT enter the room if you do not achieve a proper respirator seal.

10 Do not touch face or re-adjust N95 or face shield inside room.

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Droplet/Contact Precautions

putting ON PPE **What You Need** View the PPE video at med.emory.edu/PPE

(DICE)

Contact gown Mask Face shield or goggles Gloves

1 Gown + Gloves

1 Remove any personal items and jewelry and put in secure location, not in pockets.

2 Sanitize hands.

3 Put on contact gown outside room. Open-end faces your back. Tie the back of the gown.

4 Put on gloves over the cuffs of the gown.

5 Mask + Eyes

5 Put on mask.

6 Fit mask to nose.

7 Put on face shield or goggles.

8 Entry

8 Sanitize gloves.

9 ENTER room

10 Do not touch face or re-adjust mask or face shield inside room.

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Doffing PPE Infographics

Airborne/Contact Precautions

taking PPE OFF **Gown + Gloves** (ACE) View the PPE video at med.emory.edu/PPE

- 1 Sanitize gloves.
- 2 Cross arms and grip gown on shoulders. Pull and break gown in controlled fashion.
- 3 Roll the gown towards your hands. Remove the gloves with the gown. Dispose of gloves and gown.
- 4 Sanitize hands.

EXIT patient room **EXIT patient room**

Eyes

- 5 Put on new gloves.
- 6 Sanitize gloves.
- 7 Do not touch face.
- 8 Remove face shield by the strap over your head without touching your skin.

Mask or Respirator

- 9 Sanitize gloves.
- 10 Pinch bottom strap and pull far over head. Do not let straps touch your face.
- 11 Pinch top strap and pull far over head. Do not let straps touch your face as you remove the N95.

Wash

- 12 Remove gloves.
- 13 Head immediately to handwashing station. Wash hands with soap and water.

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Droplet/Contact Precautions

taking PPE OFF **Gown + Gloves** (DICE) View the PPE video at med.emory.edu/PPE

- 1 Sanitize gloves.
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- 3 Roll the gown towards your hands. Remove the gloves with the gown. Dispose of gloves and gown.
- 4 Sanitize hands.

EXIT patient room **EXIT patient room**

Eyes

- 5 Put on new gloves.
- 6 Sanitize gloves.
- 7 Do not touch face.
- 8 Remove face shield by the strap over your head without touching your skin.

Mask

- 9 Sanitize gloves.
- 10 Pinch loops and pull them back and off of your ears. Do not let loops touch your face.
- 11 Pull loops off without touching your face with them or your hands. Remove the mask.

Wash

- 12 Remove gloves.
- 13 Head immediately to handwashing station. Wash hands with soap and water.

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Conserve PPE Infographics

Setting Up



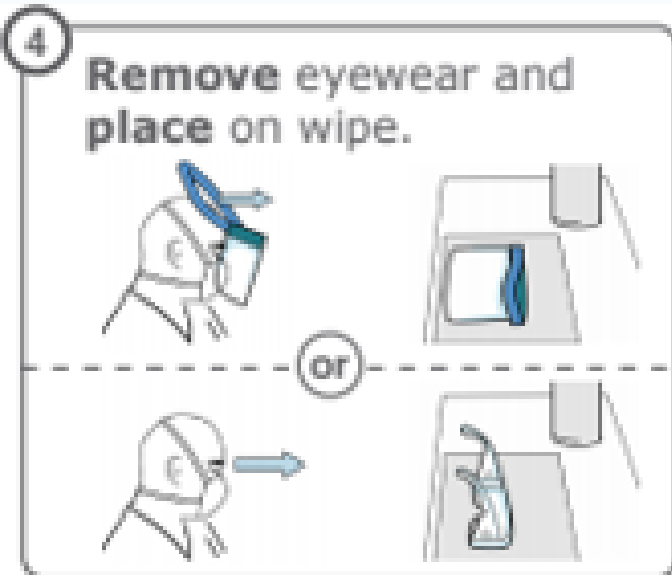
Avoid self-contamination: Take your time and follow the steps

Conserve PPE Infographics

N95 respirators

N95

4 Remove eyewear and place on wipe.



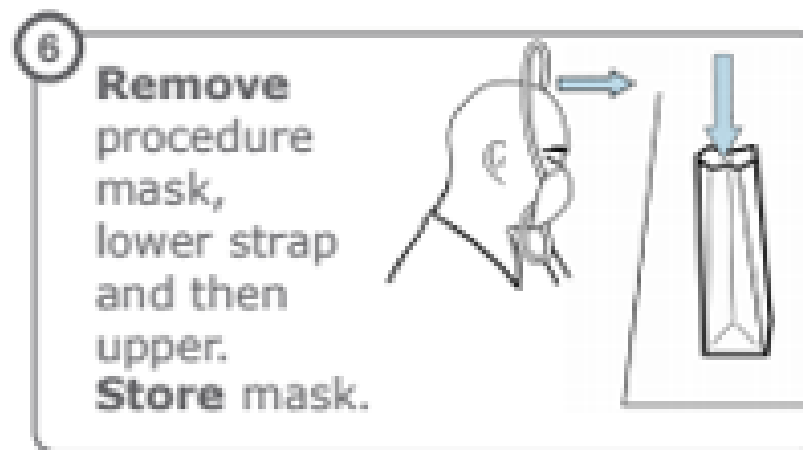
The illustration shows two methods for removing eyewear. In the top half, a person is shown removing a pair of glasses, with an arrow pointing to a wipe on a surface where the glasses are placed. In the bottom half, a person is shown removing a face shield, with an arrow pointing to a wipe on a surface where the shield is placed. A dashed line with the word "or" in a circle separates the two methods.

5 Sanitize gloves.



The illustration shows a hand wearing a blue nitrile glove being held under a hand sanitizer dispenser. The dispenser is a white cup-shaped device with a blue liquid being dispensed onto the glove.

6 Remove procedure mask, lower strap and then upper. Store mask.



The illustration shows a person's head in profile. An arrow points to the top of the head, indicating the removal of the upper strap. Another arrow points to the bottom of the head, indicating the removal of the lower strap. The mask is shown falling away from the face. To the right, a procedure mask is shown being placed into a storage container.

7 Sanitize gloves.



The illustration shows a hand wearing a blue nitrile glove being held under a hand sanitizer dispenser. The dispenser is a white cup-shaped device with a blue liquid being dispensed onto the glove.

Avoid self-contamination: Take your time and follow the steps

Conserve PPE Infographics

Goggles

Goggles



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Avoid self-contamination: Take your time and follow the steps

Conserve PPE Infographics

Face Shield



Avoid self-contamination: Take your time and follow the steps

Steps to Reduce Contact Transmission



1. Discard N95 following:
 - Aerosol generating procedures
 - If contaminated with blood, respiratory or nasal secretions, or other bodily fluids
 - Following close contact with any patient co-infected with an infectious disease
2. Perform hand hygiene with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator

“Bunny” (Tyvek) Suits

Donning and Doffing

Donning Full Body Protective PPE (Tyvek Suit)

1. Inspect and slip on coverall over your clothing and shoes. Be sure to pick a Tyvek suit size adequate to provide you enough room to maneuver in the suit.. A suit that is too small may be too difficult to remove, or at risk for ripping.
2. Step into suit- pulling on over shoulders
3. Put on gloves, with cuff on outside of suit
4. If you have long hair wear a surgical bonnet to ensure your hair is completely contained
5. Zip up the suit
6. Apply N95 mask; make sure you perform a user seal check and that the mask is not folded on itself anywhere (have your buddy check under the chin)
7. Put on protective face shield (full coverage)
8. Have your buddy write your name on the back of your suit
9. Have your buddy inspect front and back to look for any breaks in coverage, or potential issues. Don't forget to inspect gloves.
10. Frequently perform hand hygiene for surfaces of gloves.
11. If suit becomes visibly soiled; use disinfectant wipes to clean outside of suit.

Doffing Full Body Protective PPE (Tyvek Suit)

1. Disinfect gloves
2. While inspecting PPE, if visible contamination present; remove with disinfectant wipe. Once no visible contamination present; spray front and back of suit with a light mist of hospital approved disinfectant.
3. Disinfect gloves
4. Remove Face Shield by leaning head forward and grasping at the back of the head pulling forward, placing shield in biohazard trash.
5. Disinfect gloves
6. Remove N95 ,once again leaning head forward, grasping at the back of the head pulling forward
7. Disinfect gloves
8. Unzip coverall
9. With gloved hand, grasp opposite glove/cuff/sleeve so you can withdrawal arm from inside removing the glove from hand and arm from coverall, all in one movement. Let the sleeve drop, keeping the exposed arm clear
10. With exposed arm, reach across chest and work from the inside surface of the suit sliding along chest into the sleeve to push off remaining sleeve and glove all in one motion.
11. From the inside of the coverall, slowly work the coveralls over hips and down toward the floor, working to free feet so you will be able to step out.
12. Perform hand