Know Your PPE

Remember:

COVID-19 is transmitted through respiratory secretions—coughing, sneezing, and even talking.

We use PPE and hand hygiene to break the chain of infection early—forming a barrier between infected patients and you.

Use these posters to learn how best to protect care providers from being infected with COVID-19.
People touch their face 15 or more times every hour. Your hands are a primary source of contact transmission—touching an infected person or contaminated surface, then touching your face.

Gloves form a barrier between your hands and the contamination. But gloves only limit transmission, so you need to protect your hands by practicing hand hygiene before, after, and during glove use.

- Inspect gloves before donning them to make sure they are intact, with no holes or tears.
- Practice hand hygiene before donning and after doffing gloves.
- Practice hand hygiene with gloves on when doffing gowns, masks, and other PPE.
- Never touch your face or hair while wearing gloves.
- Never adjust masks, respirators, or eye protection with gloved hands, in a patient care area, or around contaminated surfaces.
Gowns protect you against **contact and droplet transmission** by creating a barrier between the contamination and your skin and clothing.

The type of gown you use (reusable or disposable) will depend on the task, your facility’s supplies and protocols, as well as on the amount of blood and body fluids you will encounter in a patient care situation.

- Inspect your gown before donning it to make sure it is intact, with no holes or tears.

- Practice hand hygiene with your gloves on when doffing your gown.

- Gowns should always be worn with gloves.
Surgical or procedure masks protect you against **droplet transmission** by creating a barrier between the mucous membranes of your nose and mouth, and a patient or contaminated area—COVID-19 droplets can remain in the air around a patient for a period of time after they cough or sneeze.

But masks do not protect against airborne transmission, which is why respirators are preferred (if available) for treating COVID-19 patients.

- Inspect your mask before donning it to make sure it is intact, with no holes or tears.

- Practice hand hygiene with your gloves on when doffing your surgical or procedure mask.

- Never adjust your mask with gloved hands, in a patient care area, or around contaminated surfaces.
The N95 filtering respirator protects you against **droplet and airborne transmission**. Like a mask, it creates a barrier between the mucous membranes of your nose and mouth, and the source of the contamination but, with its tight seal, it also filters out infectious particles from the air you breathe.

Although we are still finding out about the airborne route of transmission for COVID-19, the CDC recommends protection against **droplet, contact, and airborne transmission** whenever possible.

- Inspect your respirator before donning it to make sure it is intact, with no holes, breaks, or tears. Perform a leak check, also known as a seal check.

- Practice hand hygiene with your gloves on when doffing your respirator.

- Respirator fit integrity can be reduced by normal patient care activities, but you should NEVER adjust your respirator with gloved hands, in a patient care area, or around contaminated surfaces.
Goggles protect you against **droplet transmission** by creating a barrier that prevents blood and body fluids from entering your eyes.

Goggles should always be worn with a surgical mask, procedure mask, or respirator to prevent the infection from entering your eyes, nose, and mouth.

- Inspect your goggles before donning them to make sure there are no cracks or breaks, and that you can see through them clearly.

- Practice hand hygiene with your gloves on when doffing your goggles.

- Never adjust your goggles with gloved hands, in a patient care area, or around contaminated surfaces.
Face Shield

Face shields protect you against **droplet transmission** by creating a barrier that keeps blood and body fluids away from your eyes and face. They serve the same purpose as goggles but protect a larger area.

Face shields should always be worn with surgical mask, procedure mask, or respirator to prevent the infection from entering your eyes, nose, and mouth.

- Inspect your face shield before donning it to make sure there are no cracks or breaks, and that you can see clearly.

- Practice hand hygiene with your gloves on when doffing your face shield.

- Never adjust your face shield with gloved hands, in a patient care area, or around contaminated surfaces.
The CDC recommends standard, contact, and airborne precautions when you interact with patients who have been or who might be infected with COVID-19. This includes:

- Gloves
- Gown
- N95 respirator*
- Eye protection

The specific PPE you will use will be determined by your facility, the task you are performing, and the availability of the equipment.

*Although we are still finding out about the airborne route of transmission for COVID-19, the CDC recommends N95 or higher respiratory protection for patient care whenever possible. Using surgical/procedure masks may be acceptable if the recommended level of protection is not available.