

COVID-19

Routine Infection Control Practices

Donning / Putting On Personal Protective Equipment

- 1. Wash your Hands.**
 - Use soap and water or alcohol based hand rub/sanitizer
- 2. Put on Gown**
 - Select appropriate size and type
 - Put on with opening to the back
 - Secure at neck and waist
- 3. Put on Mask (procedure or surgical mask)**
 - Use a fluid resistant procedure or surgical mask (to protect mucous membrane of nose and mouth)
 - Place over nose and mouth and under chin
 - Fit the flexible nose piece over the nose bridge
 - Secure on head with ties or ear loops
 - Adjust fit
- 4. Put on Eye Protection**
 - Position face shield over face and secure
 - Adjust to fit
- 5. Put On Gloves**
 - Select right type and size
 - Extend gloves over cuffs of gown

Taking Off Personal Protective Equipment

- 1. Remove Gloves**
 - Grasp outside edge near wrist
 - Peel away from hand turning glove inside out
 - Hold in opposite gloved hand
 - Slide un-gloved finger under the remaining glove peel off from the inside folding gloves inside each other
 - Discard
- 2. Remove Eye Protection**
 - Grasp ear or head pieces with ungloved hands
 - Lift away from face

- Place in garbage if disposable or put in a separate bin to be cleaned and disinfected as per manufacturer's later while wearing gloves and mask

3. Remove Gown

- Unfasten ties
- Peel gown away from neck and shoulder
- Turn outside toward the inside
- Fold or roll in to a bundle
- Place in garbage

4. Remove Mask

- Untie bottom first then top tie or remove ear loop
- Lift away from face while holding the ties or loop
- Discard

5. Wash your hands

- Use soap and water or alcohol based hand rub

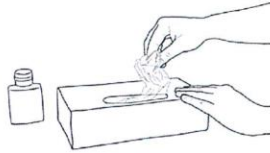
Donning and removing non-sterile examination Gloves

GLOVE USE INFORMATION LEAFLET

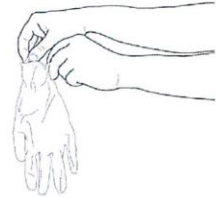
Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

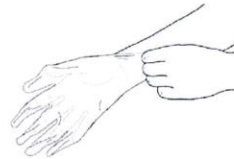
I. HOW TO DON GLOVES:



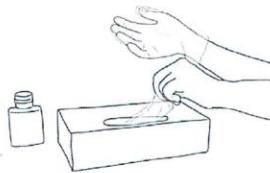
1. Take out a glove from its original box



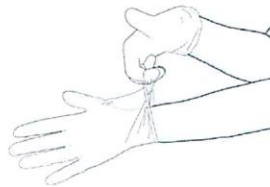
2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist

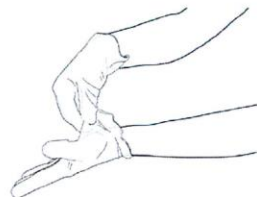


5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

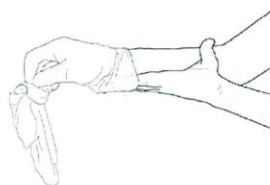


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

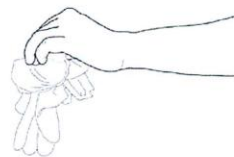
II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water