

Office of GME PPE first line of offense in COVID-19 protection

Donning

- WASH HANDS
- GOWN
 - TIE ONLY IN THE BACK
- RESPIRATORY PROTECTION
- EYE PROTECTION
- GLOVES

Doffing

- GLOVES AND GOWN TOGETHER ROLLING THE GOWN INWARD
- EYE PROTECTION
- RESPIRATORY PROTECTION
- WASH YOUR HANDS
- PUT ON GLOVES
- EYE PROTECTION
 - CLEAN WITH SANI WIPE OR ETOH AND PLACE IN CLEAN PAPER BAG
- RESPIRATORY PROTECTION-IF N95, PLACE IN CLEAN PAPER BAG
- REMOVE YOUR GLOVES AND WASH YOUR HANDS

Information to share with your patients and practice yourself

- Wash your hands
- Hand sanitizer is good for up to every 5 times between washing
- Always wash if visibly soiled
- Wash for no less than 20 second (sing through the birthday song twice)
- Wash hands after doffing gloves
- Sneeze or cough into
 - a tissue if at all possible
 - antecubital space
 - After sneezing into hands; wash hands
- Keep hands away from face, eyes, nose and mouth. Wash hands if you touch your face, eyes, nose, mouth.
- Protect your personal space
- Keep at a minimum of 6-foot distance from others
- Do not wear neck ties, loose scarfs or necklaces
- Do not wear lab coats (long or short)
- Wear clothes that can be washed in hot water such as scrubs or business casual
- Do not take hospital issue scrubs home, rather leave for hospital laundry to wash
- Remove all clothing before greeting family members, placing in a container to transport to the laundry
- Do not use personal stethoscopes
- Know how to wear your respirator.
 - Be fit tested for an N95.
 - Know how to wear a PAPR/CAPR if indicated for your specialty.

Gowns

- Use when in contact with
 - Blood/bodily fluids
 - Air borne concerns

Masks

- For use with suspect droplet and air borne infections
- Isolation mask is recommended for routine assessment and evaluation.
- N-95 is recommended for evaluation during aerosolized procedures (CPR, nebulizers, intubation, etc. Full list on door of each room)

Eye Protection:

- Face Shield or goggles to be worn with all COVID-19 PUI or positive patients.

Gloves

- Use when in direct contact with
- Blood/bodily fluids
- Mucous membranes

Your health and wellbeing

During this time, It is important to ensure your personal defense against infection including:

- Fruits, vegetable and protein in your daily meals
- Ensure you stay hydrated
- Rest when you can and communicate with your Attending if you feel you are needing a break
- Enjoy time outside

Remember the GME office staff is available to assist in anyway, please contact Lisa Milstead through Doc Halo at any time.

*** HAND WASHING
REMAINS YOUR BEST
DEFENSE.**

*** MASKS WONT HELP
IF YOU DO NOT
WASH YOUR HANDS.**

