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
- PUT ON GLOVES
- 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.

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.

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

*HAND WASHING REMAINS YOUR BEST DEFENSE.
*MASKS WONT HELP IF YOU DO NOT WASH YOUR HANDS.