

What you need to know about using PPE

You need to wear PPE for personal care of all individuals you care for:

- whether the person you are giving personal care to has symptoms or is known to have COVID-19 or not
- regardless of the age of the person you are caring for
- no matter what your role is

You can use face masks and eye protection continuously until you need to take a break or until the item needs replacing. You can use the same mask and/or eye protection:

- for caring for more than one person (regardless whether they have symptoms)
- until you need to take a break e.g. to drink, eat or break or end duties
- when moving/travelling between individuals if safe to do so (don't wear eye protection when driving or cycling)

Use PPE safely:

- make sure you clean your hands appropriately before putting on and after removing your PPE
- you should not touch your face mask or eye protection unless it is to put it on or remove it
- make sure that your face mask always covers your mouth and nose
- do not dangle your face mask or eye protection around your neck or place on the top of your head



Put on and take off PPE items according to this video

https://youtu.be/-GncQ_ed-9w

Remove and discard/decontaminate the eye protection:

- if damaged, visibly soiled, uncomfortable
- for taking a break e.g. to drink, eat or break or end duties
- decontaminate your eye protection when you remove it before next use
- if your eye protection is for single use only then dispose of it after use

Remove and discard the face mask:

- if damaged, visibly soiled, damp, uncomfortable, or difficult to breathe through
- for taking a break e.g. to drink, eat or break or end duties
- replace it with a new face mask for your next duty period

Put on and remove PPE at least 2m away from the people you are caring for

Do not re-use PPE items unless they are clearly marked as re-usable:

- gloves and aprons are always single use and must be disposed of and replaced after use
- re-usable items e.g. eye protection must be cleaned according to manufacturer's instructions or according to local infection prevention and control protocol

Make sure you change your clothing at the end of your work duties and launder your uniform/work clothes:

- separately from other items if heavily soiled
- at the maximum temperature the fabric can tolerate, then iron or tumble dry