

# 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](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