Personal Protective Equipment - COVID-19
Caring for residents with confirmed or suspected COVID-19

General Guidance

Before caring for patients/residents with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- **Receive comprehensive training** on when and what personal protective equipment (PPE) is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.¹
- **Demonstrate competency** in performing appropriate infection control practices and procedures.¹

**Required PPE for HCP w/ Direct Care of Patients with Confirmed or Suspected COVID-19**

Face shield or goggles, N95 or higher respirator, *one pair* of clean non-sterile gloves, *one* isolation gown.¹

**How to Don (put on) and Doff (take off) PPE**

Sample posters/videos that can be posted and/or used for training staff:

*Poster* [Use PPE When Caring for Patients w/ Confirmed or Suspected COVID-19], CDC
*Poster* [Sequence for Putting On / Remove PPE], CDC
*Fact Sheet* [User Seal Check], CDC/NIOSH
*Poster* [Respirator On/Respirator Off], CDC
*Poster* [How to Properly Put on and Take off a Disposable Respirator], CDC/NIOSH
*Poster* [Understanding the Difference – Surgical Mask V. N95], CDC/NIOSH
*Video* [Use PPE Correctly for COVID-19 for Long-Term Care Staff], CDC
*Video* [How to Don (Put On) PPE], CDC  
*Video* [How to Doff (Take Off) PPE], CDC
*PowerPoint* [Guidance for the Selection and Use of PPE in Healthcare Settings] provides information on both PPE and infection control practices. CDC

Refer to the manufacturer’s instructions for how to don and doff the specific product.
### Limitations, Proper Care, Maintenance

- PPE must be donned correctly before entering the patient area (e.g., isolation room, unit if cohorting).
- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas.
- PPE should **not** be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

*Refer to the manufacturer’s instructions for limitations/proper care/maintenance of the specific product.*

The following webpages provide information on limitations, proper care, and maintenance of PPE:

- [Optimizing Personal Protective Equipment (PPE) Supplies](https://www.cdc.gov), CDC
- [Personal Protective Equipment: Questions and Answers](https://www.cdc.gov), CDC

### Guidelines for Disposal of PPE

- **PPE used to prevent the spread of COVID19 may be discarded in the general trash,** assuming that the waste would not otherwise be classified as medical waste (e.g., **not** saturated with liquid human blood or body fluids to the point that it may release these fluids from the PPE).
- Place receptacles in appropriate location for disposal of PPE.
- Tie off bags before disposal.
- Never place PPE into recycling containers, as recycling facilities and employees performing the sorting of the materials could be exposed.

*Coronavirus Disease 2019 PPE Waste Disposal Guidance*, EGLE

### Demonstrate Competency – Sample Forms

- Form [Documentation of Training](https://www.ichd.org), ICHD
- Form [PPE Competency Validation](https://www.spice.org), SPICE, (permission to use granted by North Carolina SPICE 3/21)

### Additional Information

- **Using PPE**, CDC
- **Recommendations for HCP During COVID-19 Pandemic**, CDC

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1 **Using PPE**, CDC