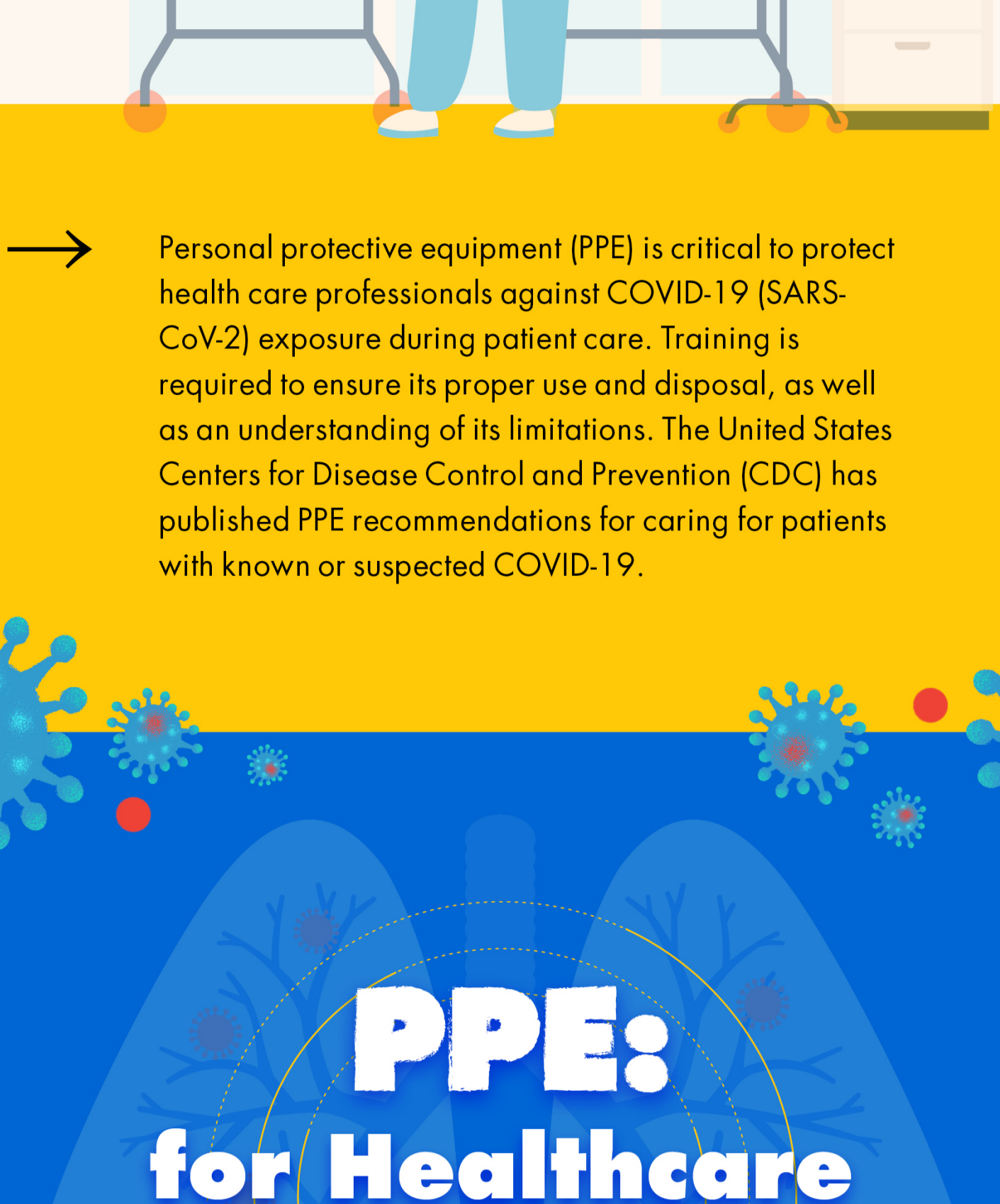


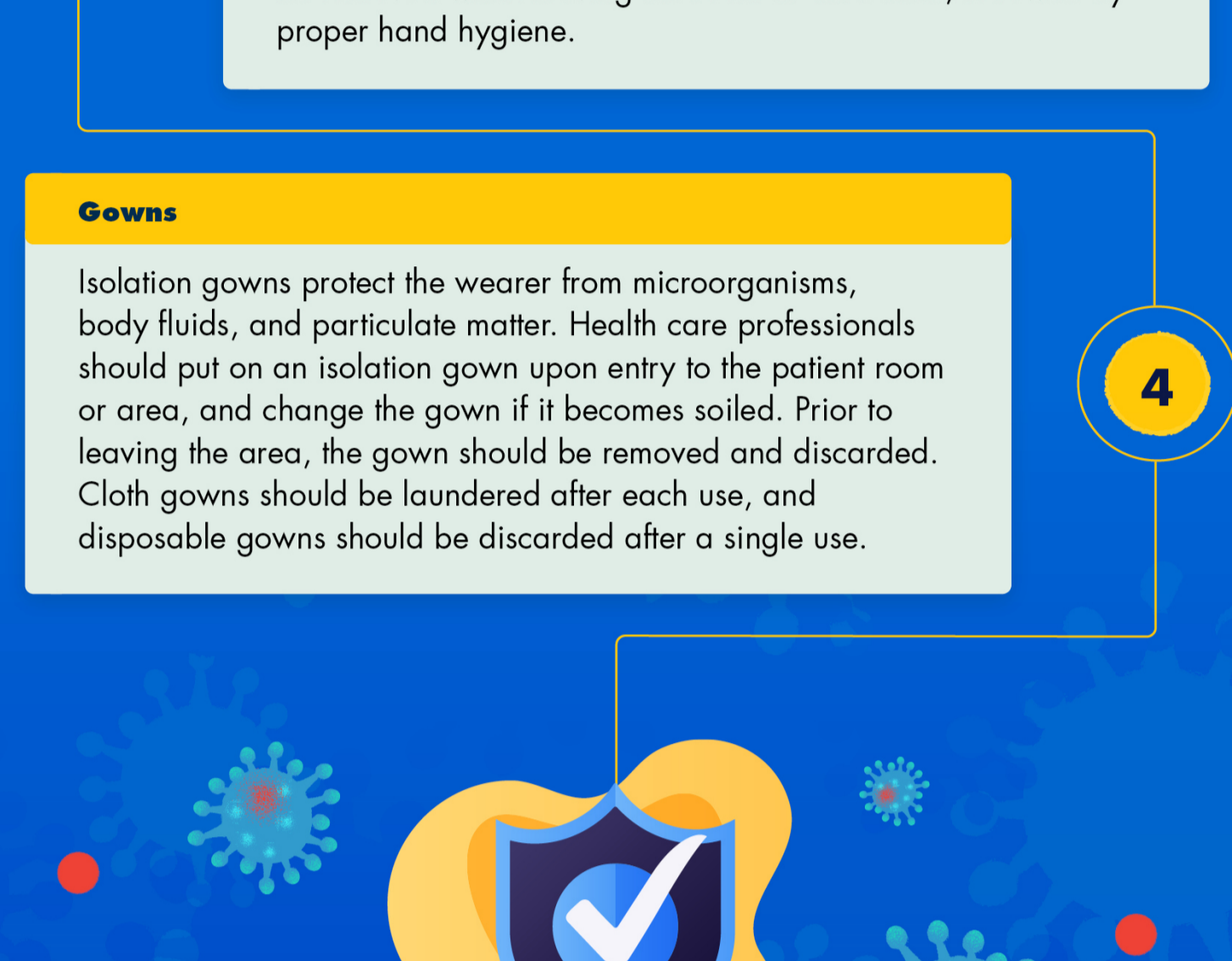


COVID-19: Personal Protective Equipment and Other Preventive Measures



→ Personal protective equipment (PPE) is critical to protect health care professionals against COVID-19 (SARS-CoV-2) exposure during patient care. Training is required to ensure its proper use and disposal, as well as an understanding of its limitations. The United States Centers for Disease Control and Prevention (CDC) has published PPE recommendations for caring for patients with known or suspected COVID-19.

PPE: for Healthcare Professionals

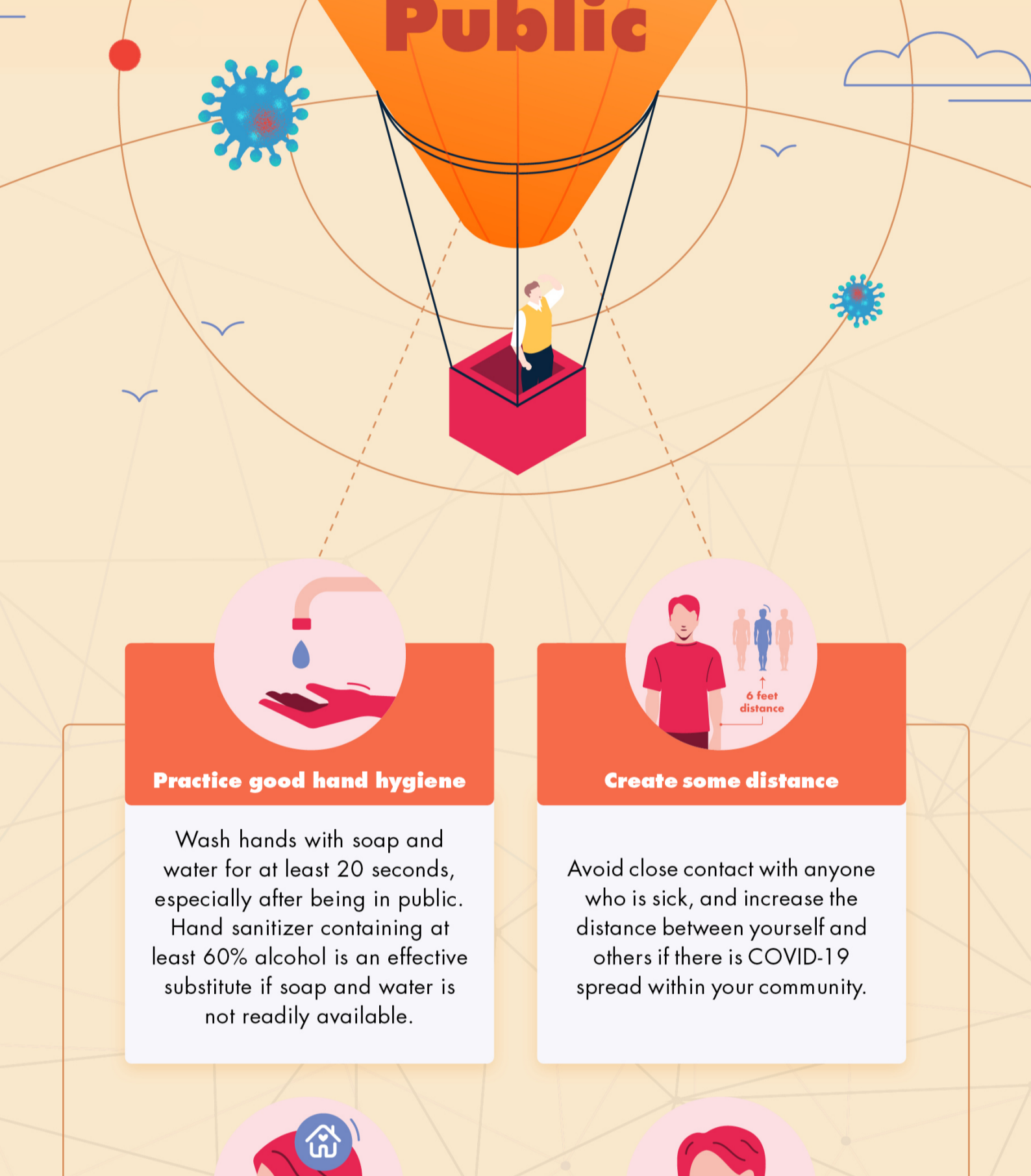


1 Respirator/Face Mask
Respirators and face masks protect the wearer from airborne particles and liquid contaminating the face. They should be donned prior to entering the patient room or care area, and removed after exiting the area and closing the door, followed by performing proper hand hygiene.

2 Eye Protection
Eye protection protects the wearer from infectious diseases that may be introduced through the mucous membrane of the eye. Goggles or disposable face shields that cover the front and sides of the face should be donned upon entry to the patient room or care area, and should be removed prior to leaving the area. Reusable eye protection requires appropriate cleaning and disinfection prior to re-use.

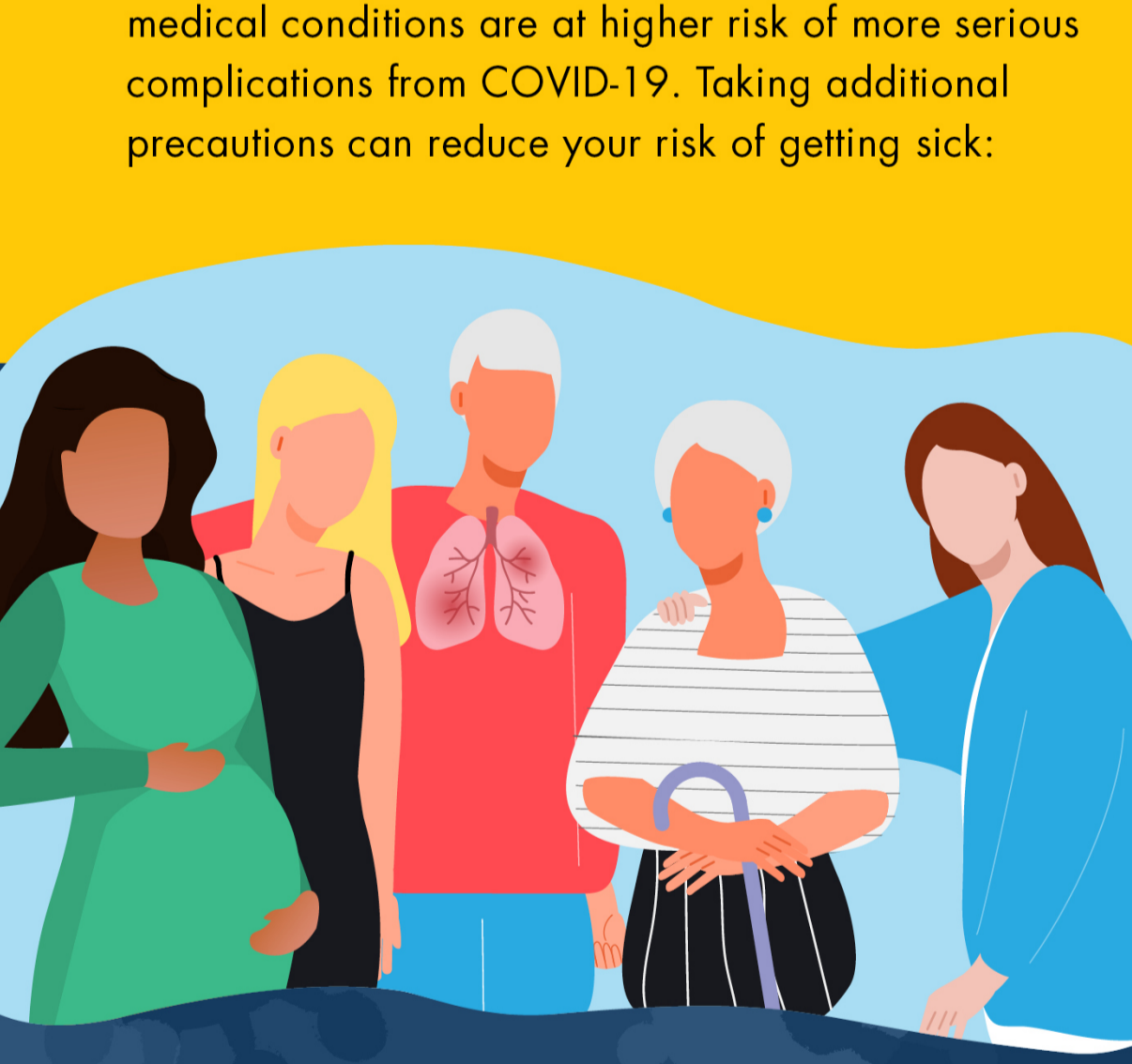
3 Gloves
Gloves prevent hand contamination and help prevent the spread of pathogens. Clean, non-sterile gloves should be donned upon entry into the patient room or care area, and changed if they are torn or heavily contaminated. They should be removed when leaving the room or care area, followed by proper hand hygiene.

4 Gowns
Isolation gowns protect the wearer from microorganisms, body fluids, and particulate matter. Health care professionals should put on an isolation gown upon entry to the patient room or area, and change the gown if it becomes soiled. Prior to leaving the area, the gown should be removed and discarded. Cloth gowns should be laundered after each use, and disposable gowns should be discarded after a single use.



→ The virus spreads from person-to-person, between those who are in close contact with each other (about 6 feet), and through respiratory droplets from coughing or sneezing. **PPE is recommended only for health care professionals**, and does not offer added protection for individuals going about activities of daily living. You can protect yourself by taking the following preventive measures:

PREVENTIVE Measures for the General Public



Practice good hand hygiene
Wash hands with soap and water for at least 20 seconds, especially after being in public. Hand sanitizer containing at least 60% alcohol is an effective substitute if soap and water is not readily available.

Create some distance
Avoid close contact with anyone who is sick, and increase the distance between yourself and others if there is COVID-19 spread within your community.

Stay home if you are ill
If you are sick, stay home from work, school, and all activities aside from going to receive medical care. Avoid public transportation, ride-sharing, and taxis. If you suspect you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your medical care provider.

Cover up
Cover your mouth and nose when you cough or sneeze, and throw used tissues in the trash. Wash your hands with soap and water for at least 20 seconds. Face masks are only recommended if you are sick, and will be around other people (for example, sharing a room or vehicle, or entering a health care provider's office), or if you are caring for someone who is sick and they are unable to wear a mask.

Daily cleaning
Frequently touched surfaces including tables, doorknobs, light switches, counters, phones, keyboards, toilets, and faucets should be cleaned and disinfected daily. Clean with soap or detergent and water. The following may be used to disinfect: a household disinfectant, a 70% alcohol solution, or mixture of five tablespoons of bleach in one gallon of water.

→ Individuals 65 years and older, those living in nursing homes or long-term care facilities, people who are pregnant, and anyone with one or more underlying medical conditions are at higher risk of more serious complications from COVID-19. Taking additional precautions can reduce your risk of getting sick:



Additional PRECAUTIONS for Individuals at High Risk

Have supplies on hand
Obtain extra necessary medications, household items, and groceries so that you will be prepared to stay home if there is an outbreak in your community.

Take everyday precautions
Clean your hands often, especially after you have been in a public place, and avoid high-touch surfaces such as door handles and elevator buttons by using a sleeve or tissue to cover your hand or finger. When in public, avoid individuals who are sick, and limit close contact with others.

Stay home during an outbreak
If an outbreak occurs in your community, stay home as much as possible. Consider having food delivered to your home by family members, friends, or other commercial networks. If you are unable to obtain extra necessary medications, consider using mail-order.

STAY SAFE