

How to Use and Conserve Personal Protective Equipment (PPE)



Important Words to Know:

- Personal Protective Equipment (PPE):** what you wear to keep yourself safe from other people's germs or sickness.
- Conserve:** to save or take care of something.
- Physical Distancing:** keeping your body away from other people's bodies.
- Bodily Fluids:** blood, spit, urine or other liquid that comes out of the body
- N95 Respirator Mask:** a medical face mask. This type of mask needs to be tested to fit your face.
- Infectious Materials:** bodily fluids or anything that came into contact with bodily fluids.

When You Need To Wear PPE

Situation	PPE You Should Wear
People coming into your home or if you go inside some place that is not your home:	A well-fitting face mask (or cloth face covering if you don't have a well-fitting face mask). Stay six feet away from each other as often as you can; keep the contact short if you need to be closer than 6 feet from someone else.
If someone needs to get really close to you:	A well-fitting face mask (or cloth face covering if you don't have a well-fitting face mask). If someone is going to be touching bodily fluids they should wear gloves.
If you need to use cleaning products with chemicals:	A well-fitting face mask (or cloth face covering if you don't have a well-fitting face mask). Follow the instructions on the cleaning product to make sure you stay safe.
If you need to be close to someone who is not feeling well, especially when they have or think they have COVID-19:	All caregivers should wear an N95 respirator mask (or well-fitting face mask if you don't have an N95 mask), gloves, and extra PPE like a face shield or goggles and gown or coveralls that can be thrown away safely.

REMEMBER! Even with PPE you still need to wash your hands often for 20 seconds or longer, keep 6 feet apart, and try to not touch your face, eyes, and mouth.



Tips for the Best Ways to Use PPE and Protect Yourself from COVID-19

Personal Protective Equipment (PPE)

- PPE can help block COVID-19 from getting into your body and making you sick.
- You should try to make sure you always have enough PPE.
- If you are having a hard time getting PPE, you should reach out to your case manager or IRIS consultant for help.
- You should only use paper masks, gloves, and gowns one time. You can wash cloth masks, cloth face coverings, face shields, and goggles to use more than one time.

Face Masks

- During home visits, everyone should wear a well-fitting face mask or cloth face covering. Even when wearing a face mask or face covering, you should still stay 6 feet apart when possible.
- Keep your cloth face mask or face covering in a clean, sealable paper bag or breathable container if you need to reuse them that day.
- Wash cloth face coverings and containers every day.

N95 Respirator Masks

- N95 respirator masks should be used by all caregivers if you think or know you have COVID-19. If you don't have an N95 mask, you should wear a well-fitting face mask.
- Talk to your case manager or IRIS consultant about getting an N95 respirator mask fit-testing kit.

Gloves

- Throw away disposable gloves after each use.
- Wash hands before putting on and after taking off gloves.
- Do not wear double gloves.
- Do not try to wash your gloves with soap or hand sanitizer.

Eye Protection (Face shield, goggles)

- Eye protection should be used by all caregivers if you think or know you have COVID-19.
- Try not to touch or move eye protection when you are wearing it.
- Clean eye protection after taking it off and keep it in a clean container.

Gowns

- Gowns should be worn by all caregivers if you think or know you have COVID-19 or when there is a chance of contact with blood, body fluids, or infectious materials.
- No one should wear a gown or single-use coveralls again. Throw out the gown after using it.

Hand Washing

- Wash hands with alcohol-based hand sanitizer or soap and water often for at least 20 seconds.
- Wash hands when entering and exiting any place or when traveling to a new location.
- Wash hands after taking off PPE.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with your elbow rather than your hands.

COVID-19 Vaccine

- The best way to avoid COVID is to get a vaccine right away. Everyone in WI over age 15 can now get a vaccine. They are free. Visit <https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm>