

Eye Protection and Mask Guidance Sheet

What Personal Protective Equipment (PPE) Needs to be Worn When?

- Universal Masking
 - Policies where all staff in a given healthcare or office setting must wear a mask at all times
 - PPE Required: surgical/procedure mask or a respirator for all clinical personnel; surgical/procedure mask for non-clinical personnel
- Enhanced Respiratory Precautions
 - Type of precautions used for patients who test positive for COVID-19
 - PPE Required: Gown, gloves, surgical/procedure mask or N95 respirator, and eye protection (goggles or face shield)
- Aerosol Generating Procedures (AGPs)
 - Procedure that can generate aerosols (see the section on AGPs for more information)
 - PPE Required: Gown, gloves, N95 respirator or equivalent, and eye protection (goggles or face shield)

Aerosol Generating Procedures (AGPs)¹

- AGPs are procedures that can generate a higher concentration of aerosols than coughing, sneezing, talking, or breathing.
- Examples:
 - Open suctioning of airways
 - Sputum induction
 - Cardiopulmonary resuscitation
 - Endotracheal intubation and extubation
 - Non-invasive ventilation (BiPAP, CPAP)
 - Bronchoscopy
 - Manual ventilation
 - Nebulizer administration
 - High flow O2 delivery
 - Nasogastric tube placement
- Visit the Center for Disease Control's Coronavirus website for more information on AGPs
<https://www.cdc.gov/coronavirus/2019-nCoV/>

Types of PPE

- Surgical/Procedure Masks²
 - Surgical/procedure masks are utilized to help prevent the spread of disease. If someone who is ill wears a mask, it can reduce the number of germs that they release and protect others from getting sick.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html#procedures-aerosol>

² <https://www.sfdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

- Surgical/procedure masks can protect the wearer against droplets, splashes or sprays of bodily or other hazardous fluids.
- How to wear a surgical/procedure mask
 - Wash your hands prior to touching the mask
 - Make sure that the mask is not damaged or wet. If it is, get a new mask.
 - Determine which side of the mask is the top based on which side has a stiff bendable edge. This is meant to mold to the shape of your nose.
 - Place the mask up to your nose and mouth.
 - If mask has ear loops: place a loop around each ear
 - If mask has ties: place ties over the crown of your head and secure with a bow. Take the bottom ties and secure with a bow at the nape of your neck.
 - If mask has bands: pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
 - Mold or pinch the stiff edge to the shape of your nose
- If facility has a surgical/procedure mask shortage, re-use/extended use is recommended. This is the use of one mask per day and removal for meal break.
 - To remove surgical/procedure mask:
 - Perform hand hygiene
 - Remove mask by the ear loops or ties
 - Place mask in labeled paper bag
 - Perform hand hygiene
 - To put surgical/procedure mask back on:
 - Perform hand hygiene
 - Remove mask from bag
 - Place mask on face by holding the ear loops; do not touch the front of the mask
 - Perform hand hygiene
- N95 Respirators³
 - A respirator is a device that is worn on the face and that covers the nose and mouth, and decreases the wearer's risk of inhaling hazardous airborne particles⁴
 - For more information about the difference between surgical/procedure masks and N95 respirators, please visit:
<https://www.cdc.gov/niosh/npptl/pdfs/UnderstandDifferenceInfographic-508.pdf?fbclid=IwAR2I4JUGxc4DMmKk-yU4lmTVOqU7UQajjFMGsI04GE8B7yPpodDCSs3DbUE>
 - Donning
 - Perform hand hygiene before putting on the respirator
 - Position respirator in your hand with the nose piece at your fingertips and the headbands hanging below your hand

³ <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html>

- Place the respirator on your face with the lower edge under your chin and the nosepiece up. Pull the top strap over your head and rest it on the back of your head. Repeat for the bottom strap and rest it around the neck below the ears. Do NOT crisscross the straps.
 - If present, press down on the metal nose piece to mold it to the shape of your nose.
- Seal Check
 - Place both hands over the respirator and breath in to check if the respirator seals tightly to the face
 - With hands still over the respirator, breathe out. If you feel leakage, there is not a proper seal
 - If there is leakage, try readjusting the nose piece or the head straps. If you cannot achieve a proper seal, try a different size or model.
- Doffing
 - Without touching the respirator, pull the bottom strap up over your head. Repeat with the top strap.
 - Discard in waste container, or store appropriately for next use or reprocessing if indicated
 - Perform hand hygiene
- For a visual of donning, seal check, and doffing, please visit: <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>
- For more information regarding appropriate storage and reprocessing of N95 respirators, please visit: <https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>
- For information on the Battelle Critical Care Decontamination System (CCDS), please visit: <https://www.battelle.org/inb/battelle-critical-care-decontamination-system-for-covid19>
- Eye Protection: Face Shield or Goggles⁵
 - Eye protection is utilized in various health care settings where workers may be at risk of being exposed to infectious diseases through the mucous membranes of the eye
 - Face Shields
 - A face shield can provide protection to not only the eyes but also other facial areas and the mask or the respirator
 - To provide better face and eye protection, face shields should have crown and chin protection and wrap around the face to the point of the ear
 - Goggles
 - Appropriately fitted, indirectly-vented goggles with an anti-fog coating provide the most reliable eye protection from splashes, sprays, and respiratory droplets
 - Must fit snugly, particularly from the corners of the eye across the brow
 - For more information regarding appropriate sanitation and reprocessing of eye protection, please visit: <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-covid-ppe-eye-protecton-z0-emerging-issues.pdf>

⁵ <https://www.cdc.gov/niosh/topics/eye/eye-infectious.html>

- Cloth Face Coverings
 - Cloth face coverings should be worn by the general public when they leave their house
 - In a healthcare setting, ONLY visitors should wear cloth face coverings. All healthcare professionals should wear surgical/procedure masks or N95 respirators, and all non-clinical personnel should wear surgical/procedure masks.
 - How to wear a cloth face covering⁶
 - Use fabric that is 2 or 3 layers thick
 - Cover your mouth and nose, and don't leave gaps at the sides
 - Make sure the mask is comfortable and breathable
 - Handle the mask by the ear loops or ties. Assume that the part covering the face may have been contaminated.
 - Wash your hands before and after touching your mask, and after taking it off.
 - Wash your mask in hot soapy water after you take it off

Importance of Hand Hygiene⁷

- Hand hygiene is a simple but effective method of preventing infections. On average, healthcare providers clean their hands less than half of the times they should.
- Hand Hygiene Methods
 - Alcohol-based hand sanitizer
 - Soap and water
 - Soap and water should be used if hands are visibly soiled, or when caring for a patient with C. Difficile or Norovirus
- Healthcare providers should perform hand hygiene:
 - Before donning PPE
 - Before touching a patient
 - After touching a patient or the patient's immediate environment
 - After touching mask or eye protection
 - After doffing PPE
 - Before eating
 - Before and after using the restroom

⁶ <https://www.phila.gov/media/20200429103537/If-you-need-to-leave-your-house...wear-a-mask.pdf>

⁷ <https://www.cdc.gov/handhygiene/index.html>