

Guidelines on the use of Personal Protective Equipment (PPEs)

Donning PPE

1. Remove all personal items (jewellery, watches, cell phones, pens, etc.)
2. By visual inspection, ensure that all sizes of the PPE set are correct and the quality is appropriate
3. Undertake the procedure of putting on PPEs under the guidance and supervision of a trained observer/ colleague (optional)



4. Perform hand hygiene using an alcohol based hand sanitizer for 20 seconds



5. Put on a surgical cap (optional)



6. Put on a reinforced surgical gown



7. Put on a surgical mask or N95 mask if performing an aerosol generating procedure (Nasopharyngeal Swabbing, Nebulization, Resuscitation, Intubation/Extubation, Suctioning)



8. Place face shield



9. Put on a clean pair of gloves over the cuff of the gown

10. Have the trained observer (colleague) verify complete PPE.

11. Enter COVID-19 Ward/Area

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Doffing PPE

1. Undertake the procedure of removing PPEs under the guidance and supervision of a trained observer/ colleague (optional)



2. Remove gloves and perform hand hygiene using an alcohol based hand sanitizer for 20 seconds



3. Remove Gown

4. Perform hand hygiene using an alcohol based hand sanitizer for 20 seconds

5. Remove face shield

6. Remove the surgical mask/ N95 mask



7. Remove surgical cap, if it was donned.



8. Perform hand hygiene using an alcohol based hand sanitizer for 20 seconds and exit the doffing area

Procedure	Risk for aerosolized virus	PPE recommendation	Additional comments
Intubation	High	Full PPE + N95	
Nebuliser therapy	High	Full PPE + N95	
High-flow oxygen therapy	High	Full PPE + N95	Advise against in most cases
Non-invasive ventilation (CPAP or BiPAP)	High	Full PPE + N95	Advise against in most cases
Bag-mask ventilation	High	Full PPE + N95	Advise against in most cases
Care of intubated patient (suctioning, etc)	High	Full PPE + N95	
Ventolin via puffer and spacer	Unclear	Full PPE + Face Mask	May be high risk – need clarification / advice
Nitrous oxide administration for procedural sedation	Unclear	Full PPE + Face Mask	May be high risk – need clarification / advice
Nasogastric tube insertion	Unclear	Full PPE + Face Mask	
Intranasal medication administration (eg fentanyl) – can induce sneezing	Unclear	Full PPE + Face Mask	
Throat examination	High	Full PPE + Face Mask	Advise against in most cases – unlikely to change management
Removal of nasal foreign body – can induce sneezing / coughing	High	Full PPE + N95	Consider referral to ENT for removal under GA
Procedural sedation for non-ENT procedure (eg fracture reduction)	Unclear / Low	Full PPE + Face Mask	
IV access	Unclear / Low	Full PPE + Face Mask	
Capillary blood gas	Unclear / Low	Full PPE + Face Mask	
IV insertion	Unclear / Low	Full PPE + Face Mask	
Urine collection	Unclear / Low	Full PPE + Face Mask	

Full PPE - HAND HYGIENE > GOWN > MASK > EYE-PROTECTION > HAT > HAND HYGIENE > GLOVES