



# PPE Recommendations

## IMPORTANT!

**ASSESS THE RISK** of exposure to body substances or contaminated surfaces **BEFORE** any health care activity.

**Make this a routine!** Select PPE based on the assessment of risk.

**Please note that the sets below illustrate common clinical examples and the list is not exhaustive.**

**The sets below do not include PPE for the operating theatre.**

**Please consult the infection control team should you have any doubts/ queries.**

## Set of PPE

## Confirmed/ Suspected COVID-19

## Non COVID

(Patient who does not fulfil criteria of suspected/ confirmed COVID-19, PUI B, PUS until results are available, refer Annex 1a)

### Set 1

#### All Staff in Hospital Premises



#### Areas and Activities:

- Front desk
- Triage counter at RUKA & ED\*
- Office
- Transporting specimens to the lab (+ gloves)

**Maintain spatial distance of more than 1m at all time**

**\*If unable to maintain spatial distance, to wear a face shield**

#### Areas and Activities:

- Front desk and triage counter
- Direct contact with any patient
- Dispensing medication at general pharmacies
- Ward rounds

**Maintain spatial distance of more than 1m at all time unless examining patients**

### Set 2A

#### Standard Precaution (Non-sterile)



Not applicable for suspected/ confirmed COVID-19 patients

#### Examples of activities:

- All intravenous line insertions
- Blood taking\*
- Blood culture\*\*
- Toileting care

**\* If splash contamination is anticipated, to wear plastic apron**

**\*\* To use sterile gloves when indicated (e.g. blood culture)**



# PPE Recommendations

## Set of PPE

## Confirmed/ Suspected COVID-19

## Non COVID

### Set 2B

#### Standard Precaution (Sterile)



Not applicable for suspected/  
confirmed COVID-19 patients

Examples of sterile procedures:

- Neuraxial anaesthesia
- Peripheral nerve block
- Local anaesthesia
- Field blocks
- CVL and artline insertion/  
removal\*

\* To wear eye protection/ face  
shield when removing CVL or  
artline

### Set 3

#### Standard & Additional Precaution



Activities:

- Direct routine care of low risk patient\*
- Blood taking
- Clerking and vital signs monitoring
- Dispensing medication at satellite pharmacy at ILI area
- Cleaning of patient's room
- Escorting patient (within 1m distance of patient)

\*Low risk patient:

- Patient is not actively coughing
- Asymptomatic
- Patient is able to wear a mask

Examples of AGPs:

- Endoscopy
- Dental procedures
- Resuscitation
- Patient on NIV
- Nebulisation

Examples of care giving activities  
with risk of contamination or  
splash:

- Chest physiotherapy
- Nasogastric tube feeding
- Sputum induction
- Suctioning

\*For extended use: To use gown together with  
plastic apron on top and to change plastic apron  
and gloves between patient



# PPE Recommendations

## Set of PPE

## Confirmed/ Suspected COVID-19

## Non COVID

### Set 4

#### High Risk COVID



#### Activities:

- Direct routine care of high risk patient\*
- Assisting of performing nasopharyngeal swab

Not applicable

#### \*High risk patient:

- Patient is coughing
- Patient requires oxygen support
- Patient unable to wear surgical mask
- Ventilated patient

\*For extended use: To use gown together with plastic apron on top and to change plastic apron and gloves between patient

### Set 5

#### During AGP for COVID

##### Option 1



##### Option 2



#### Examples of AGPs:

- Tracheotomy/ tracheostomy
- Manual ventilation
- Suctioning
- Bronchoscopy
- Nebulization
- Non-invasive ventilation (NIV) e.g. BiPAP and CPAP
- Surgery and post mortem procedures in which high-speed devices are used
- High-frequency oscillating ventilation (HFOV)
- High-flow nasal oxygen (HFNO)
- Induction of sputum
- Dental procedures

Not applicable

**Disclaimer:** Please note that the sets above illustrate common clinical examples and the list is not exhaustive.

The sets above do not include PPE for the operating theatre.

Please consult the infection control team should you have any doubts/ queries.

By Infection Control Department & Medical Development Unit, UMMC