

Protection from Ebola

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The recommended PPE that healthcare workers wear in Ebola treatment areas—waterproof apron, surgical gown, surgical cap, respirator, face shield, boots, and two layers of gloves—significantly reduces the body's normal way of getting rid of heat by sweating. The PPE holds excess heat and moisture inside, making the worker's body even hotter. In addition, the increased physical effort to perform duties while carrying the extra weight of the PPE can lead to the healthcare worker getting hotter faster. Wearing PPE increases the risk for heat-related illnesses.

To reduce the risk of heat-related illnesses, healthcare workers who wear PPE should do the following in collaboration with site coordinators:

- Take time to acclimatize (adjust to the climate)
- Stay well hydrated
- · Watch for signs and symptoms of heat-related illnesses
- Take time to rest and cool down

When putting on equipment, workers should adjust for comfort and should not adjust in the treatment center because of the risk of exposure and contamination.

* Each person puts on their own gear, but each worker has a buddy. The buddy spot-checks for tears in equipment or open areas of skin that could become contaminated.

- 1. "Interim Guidance for Healthcare Workers Providing Care in West African Countries Affected by the Ebola Outbreak Limiting Heat Burden While Wearing Personal Protective Equipment (PPE)," last modified Oct 20, 2014, http://www.cdc.gov/vhf/ebola/hcp/limiting-heat-burden.html
- 2. "Protection from Ebola: A complicated procedure," last modified Oct 20, 2014, http://apps.washingtonpost.com/g/page/national/protection-from-ebola-a-complicated-procedure/1374/
- 3. "How does an American nurse contract Ebola? With directions like these," last modified Oct 20, 2014, http://www.voxcom/2014/10/13/6968775/ebola-nurse-united-states-texas-directions-protocol-breach



Wash bare hands with soap and water or a 0.05% chlorine solution.







1 Fully cover torso from 2 Fasten in back neck to knees, arms to at neck and waist end of wrists, and wrap around the back.







2 Fit flexible band to nose bridge, face, and below chin.

2 *Put on shoe covers.





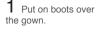
















Tie at the back.

cuffs of the gown.





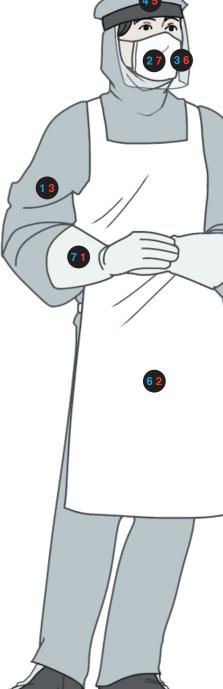


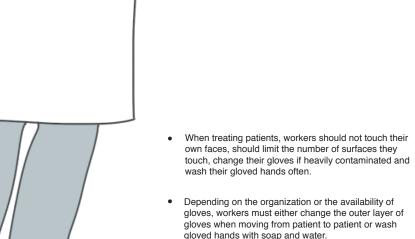












- touch, change their gloves if heavily contaminated and
- gloved hands with soap and water.
- # The number of steps for preparation # The number of steps for undressing

Leaving the treatment facility, step into a chlorine basin, or spray front and back of apron with a water solution containing 0.5% chlorine.



Outsides of gloves are contaminated. If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer.



1 Using a gloved hand, grasp the palm area of the oppositegloved hand and peel off the first of the two

1 Carefully remove

Unfasten gown ties,

sleeves don't contact

1 *Carefully remove

shoe covers by using

opposite foot instead

of using hands.

taking care that

vour body when reaching for ties. 2 Hold removed gloved hand.

Outside of apron is contaminated. If your hands get contaminated during apron

removal, immediately wash your hands or use an alcohol-based hand sanitizer.

hands with 0.5% chlorine solution.

immediately wash your hands or use an alcohol-based hand sanitizer.

2 Push gown

touching the

inside only.

away from body by

The outsides of boots are contaminated. If your hands get contaminated during boot

with a boot remover. with 0.5% chlorine

removal, immediately wash your hands or use an alcohol-based hand sanitizer.

3 Using the one-layer glove in double-layer gloved hand, grasp the palm area of the other

Gown front, sleeves, and the outside of gloves are contaminated. If your hands get contaminated during gown removal,

3 Turn gown inside

out and roll down and

over boots.

gloved hand and peel off the first of the two gloves.

removed gloves in a biohazard container to be treated and incinerated.

4 Fold and roll into a

bundle and discard in a

biohazard container.

hands with 0.5% chlorine solution.



5 Wash gloved

hands with 0.5%

chlorine solution.



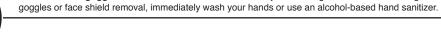












The outside of goggles or face shield is contaminated. If your hands get contaminated during



1 Remove face shield from the back by lifting head band.

hands with 0.05% chlorine solution.



removal, immedia.tely wash your hands or use an alcohol-based hand sanitizer.



2 Place in a or elastics of the respirator, then the ones at the top, and incinerated. remove without touching the front.











Wash gloved hands with 0.5% chlorine solution.

The outside of surgical cap is contaminated. If your hands get contaminated during surgical

cap removal, immediately wash your hands or use an alcohol-based hand sanitizer.











