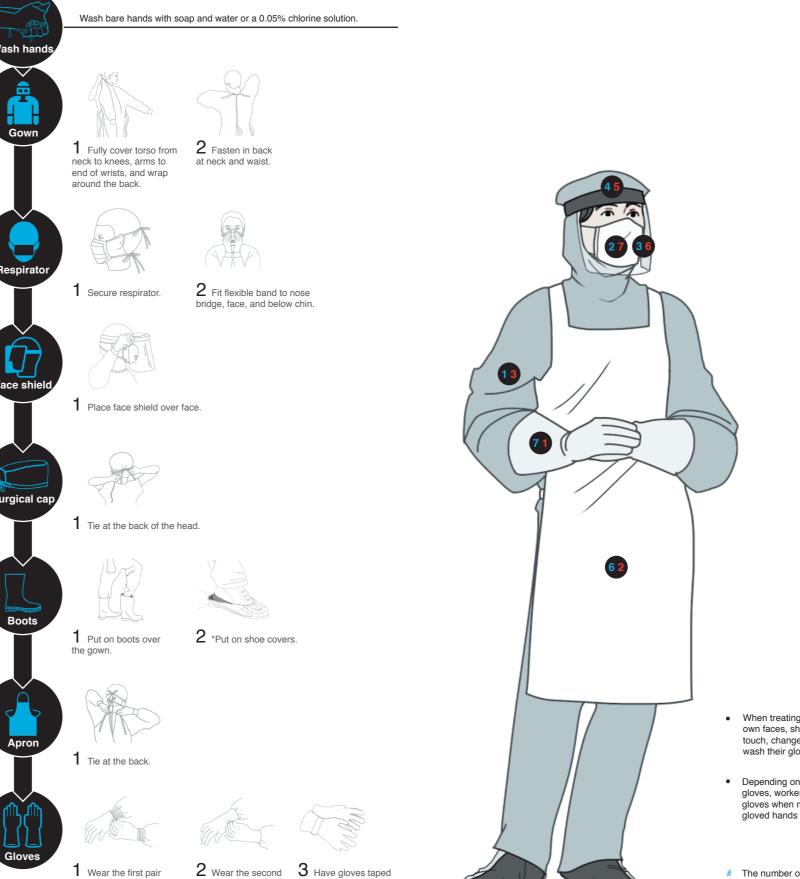


personnel on the front lines.

w.cdc.gov/vhf/ebola/hcp/limiting-heat-burden.html



Protection from Ebola

Take time to acclimatize (adjust to the climate)

Watch for signs and symptoms of heat-related illnesses

increases the risk for heat-related illnesses.

Take time to rest and cool down

Stav well hydrated

become contaminated.

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 boo

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

To reduce the risk of heat-related illnesses, healthcare workers who wear

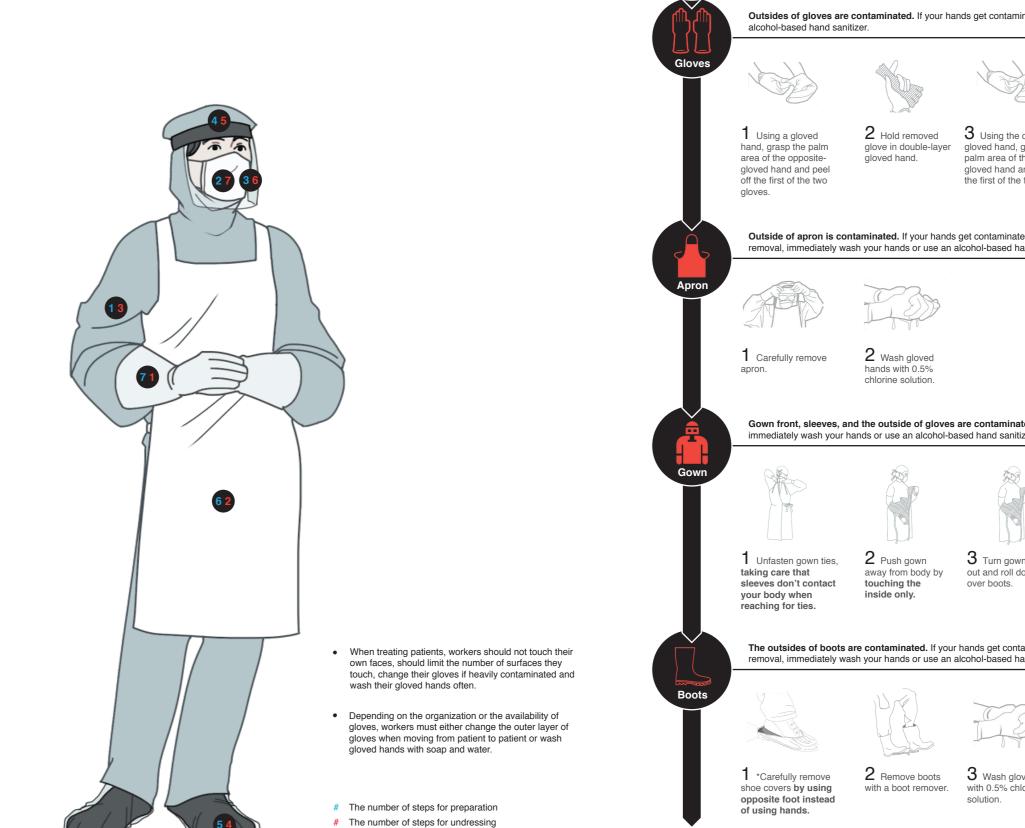
should do the following in collaboration with site coordinators:

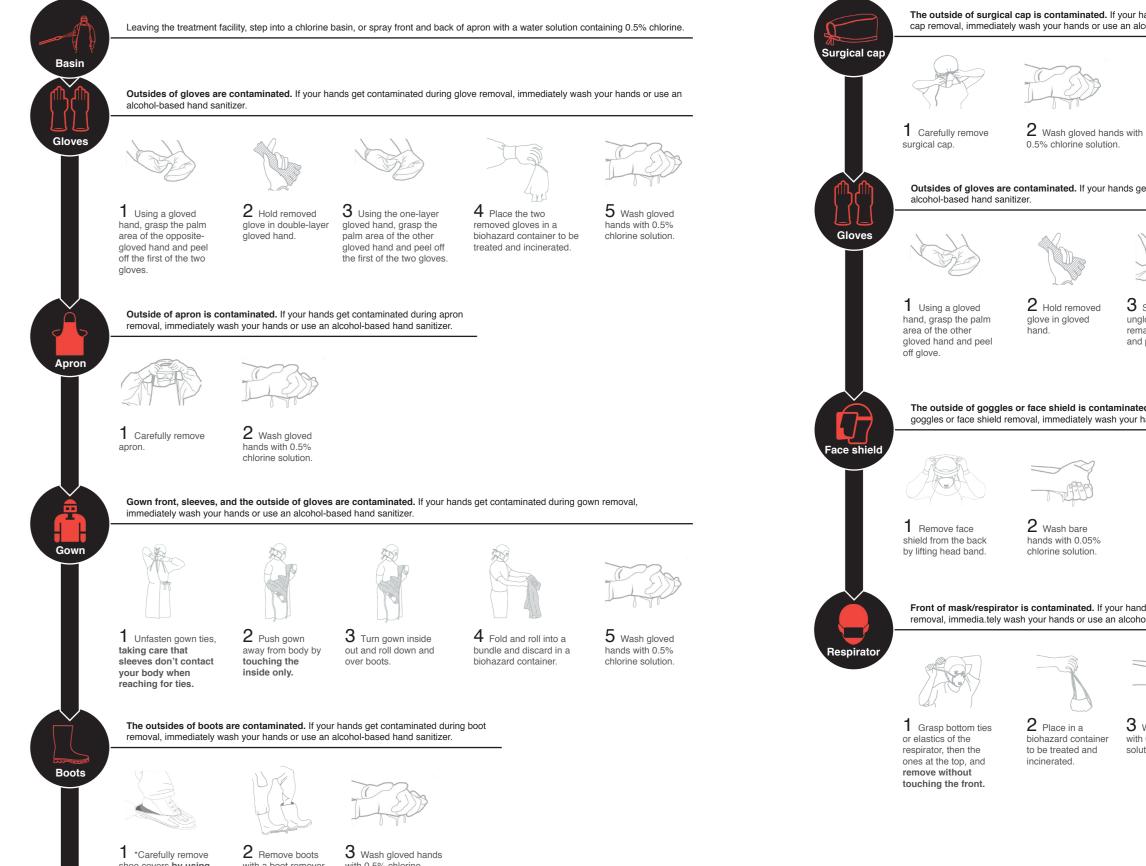
When putting on equipment, workers should adjust for comfort and should no adjust in the treatment center because of the risk of exposure and contamina-

\* 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

ng PPE, snould touch, or move, any Ebola-Intecte dling of human remains should be kept to a minim





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

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

gles or face shield removal, immediately wash your hands or use an alcohol-based hand sanitize

t of mask/respirator is contaminated. If your hands get contaminated during mask/respirator

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

utsides of gloves are contaminated. If your hands get contaminated during glove removal, immediately wash your hands or use an

IN THE TREATMENT AREA **UNDRESSING PREPARATION**