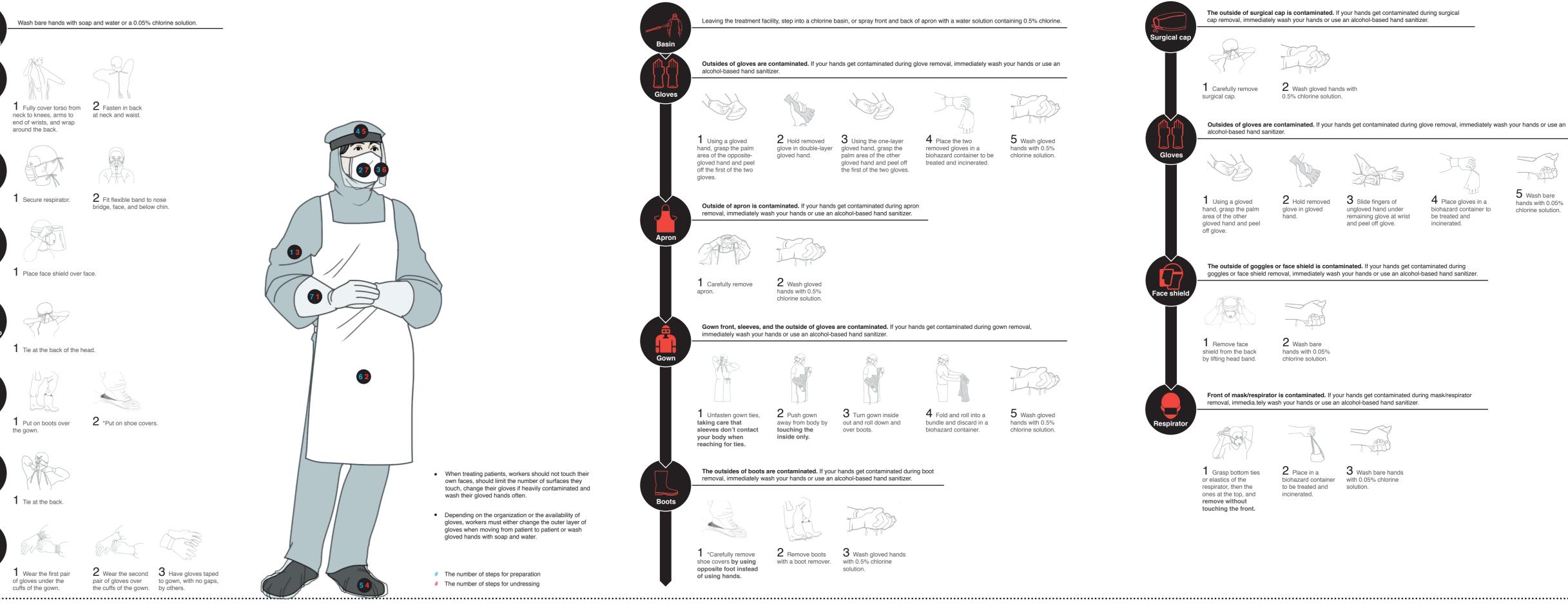


personnel on the front lines.

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Protection from Ebola® 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 increases the risk for heat-related illnesses. To reduce the risk of heat-related illnesses, healthcare workers who wear should do the following in collaboration with site coordinators: Take time to acclimatize (adjust to the climate) Stav 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 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 become contaminated.



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

IN THE TREATMENT AREA **UNDRESSING** PREPARATION