

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.

. "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://ww-

2. "Protection from Ebola: A complicated procedure," last modified Oct 20, 2014, http://apps.washington-

3. "How does an American nurse contract Ebola? With directions like these," last modified Oct 20, 2014, http://www.vox-

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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.







Secure respirator.



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



Place face shield over face.





Tie at the back of the head.











the gown.



Tie at the back.

cuffs of the gown.

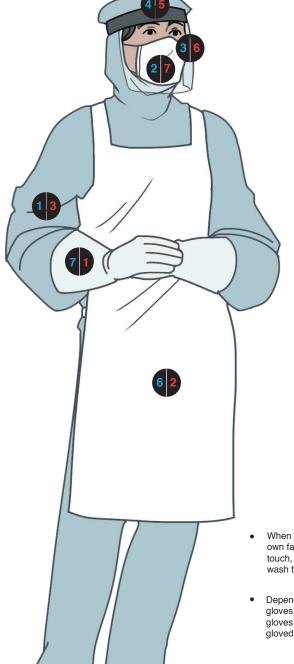


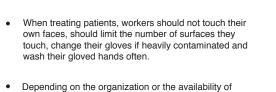
DRESSING











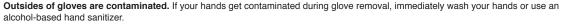
 Depending on the organization or the availability of gloves, workers must either change the outer layer of gloves when moving from patient to patient or wash gloved hands with soap and water.

The number of steps for preparation # The number of steps for undressing

IN THE TREATMENT AREA

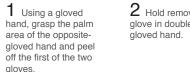
Leaving the treatment facility, step into a chlorine basin, or spray front and back of apron with a water solution containing 0.5% chlorine.

alcohol-based hand sanitizer.





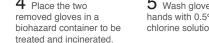






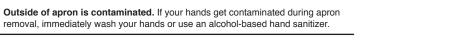






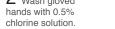














Unfasten gown ties,

sleeves don't contact

1 *Carefully remove shoe covers by using

opposite foot instead

of using hands.

UNDRESSING

taking care that

vour body when reaching for ties.



2 Push gown

touching the

inside only.

away from body by



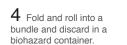


out and roll down and

over boots.











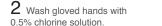


with a boot remover. with 0.5% chlorine



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.







surgical cap.

Using a gloved

area of the other

off alove.

hand, grasp the palm

gloved hand and peel

1 Remove face

shield from the back

by lifting head band.







3 Slide fingers of ungloved hand under remaining glove at wrist

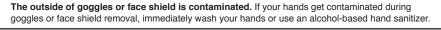
incinerated.

and peel off glove.



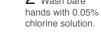
4 Place gloves in a hands with 0.05% biohazard container to chlorine solution. be treated and



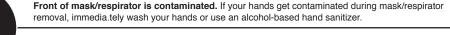








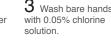
incinerated.

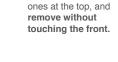












or elastics of the

respirator, then the