

Protection from Ebola^{1,2,3}

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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

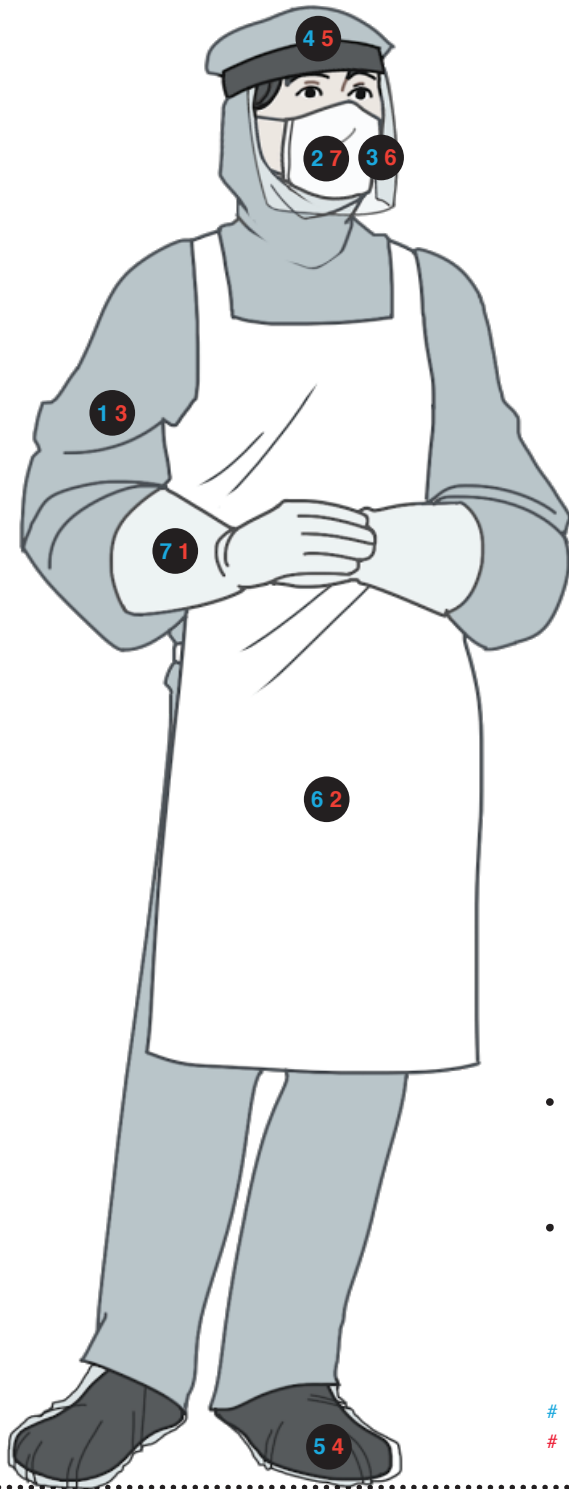
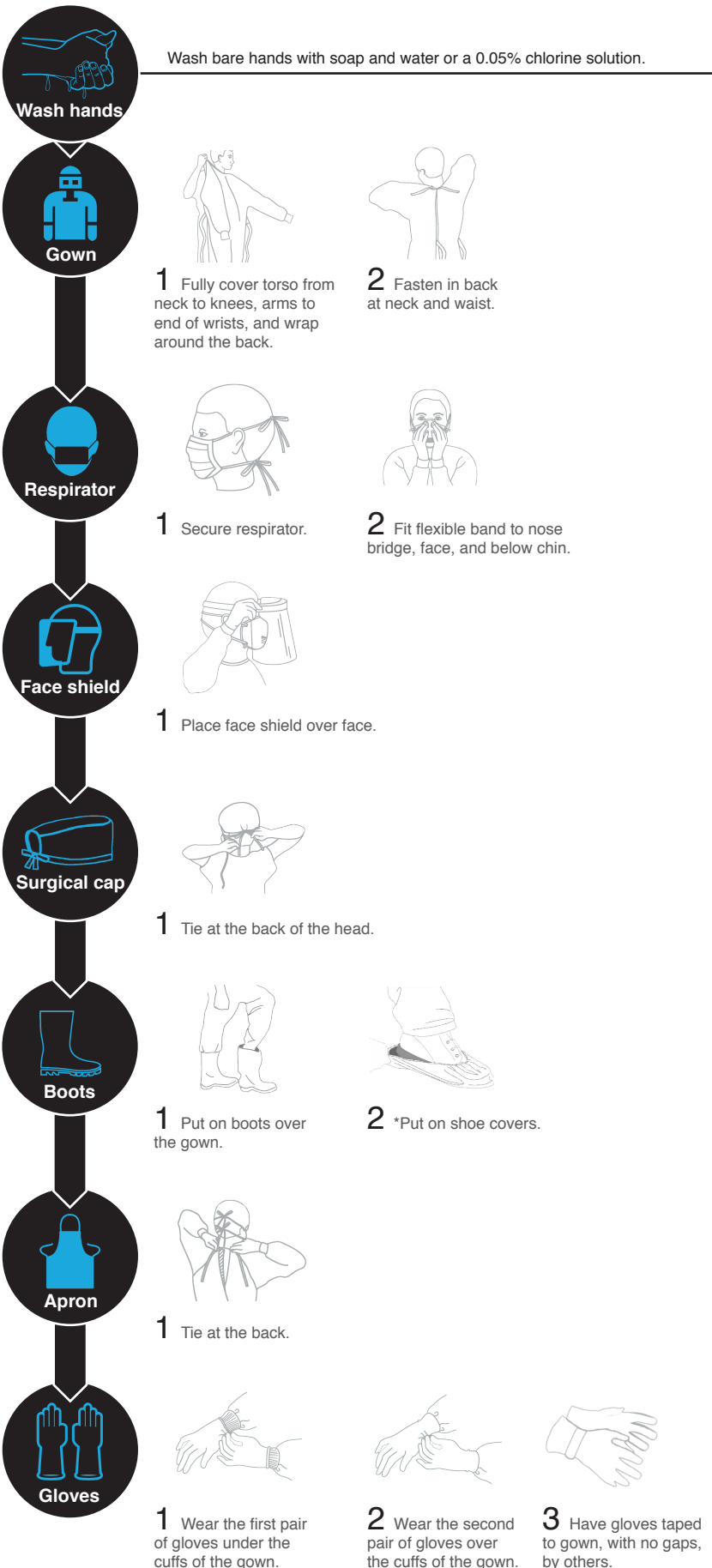
When putting on equipment, workers should adjust for comfort and should not adjust in the treatment center because of the risk of exposure and contamination.

* 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/>

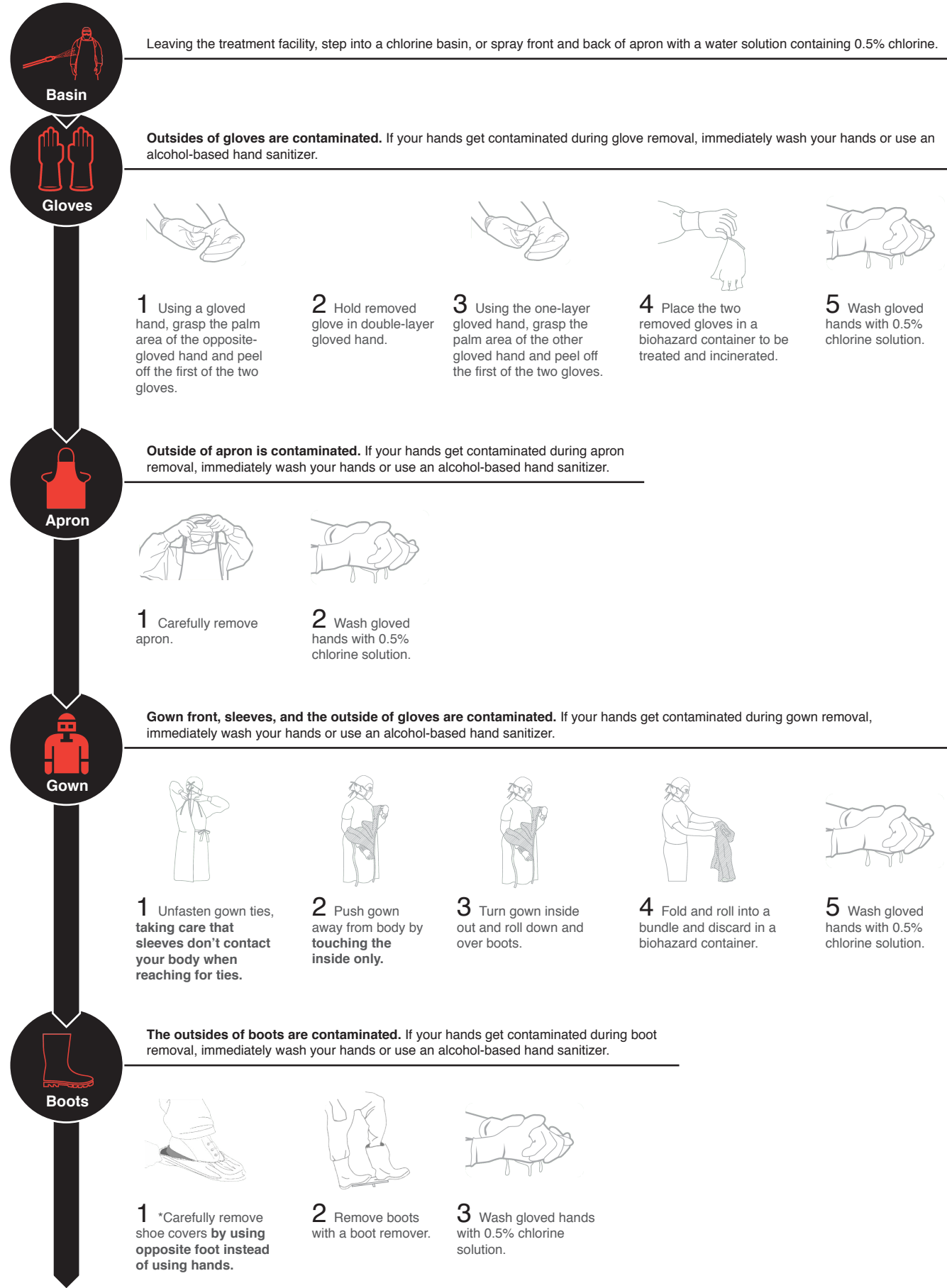
3. "How does an American nurse contract Ebola? With directions like these," last modified Oct 20, 2014, <http://www.vox.com/2014/10/13/6968775/ebola-nurse-united-states-texas-directions-protocol-breach>



- When treating patients, workers should not touch their own faces, should limit the number of surfaces they touch, change their gloves if heavily contaminated and wash their gloved hands often.
- 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



UNDRESSING

