

# N-95 Guidelines



PORTSMOUTH EMERGENCY

## AMBULANCE

**An N95 respirator is a respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles. Note that the edges of the respirator are designed to form a seal around the nose and mouth. Surgical N95 Respirators are commonly used in healthcare settings and are a subset of N95 Filtering Face piece Respirators (FFRs), often referred to as N95s.**

- 1. Employees should insure they have removed all facial hair and are strongly urged to shave.**
- 2. Employees should insure they have a properly fitted mask.**
- 3. Employees should practice donning and doffing equipment.**

### Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

### Checking Your Seal<sup>2</sup>



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

### Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container. WASH YOUR HANDS!

### CDC Guidelines For N-95 Reuse

- 1. After aerosol generating procedures discard N-95.**
- 2. Discard N-95 contaminated with blood, respiratory secretions or other bodily fluid from patients.**
- 3. Use a cleanable face shield or surgical mask over N-95 respirator when feasible to reduce surface contamination of the respirator.**

**\*\*\* N-95 masks that are not soiled or that are still intact and appear functional should be reused.**

**\*\*\* Keep used N-95 mask in paper bag between uses. 1 mask per bag!!!**

**\*\*\* Store used N-95 to where they do not touch each other.**

**\*\*\* Write your name on your bag do not use other employees N-95 mask**

**\*\*\* After 5 uses discard the N-95 mask.**

**\*\*\* Discard if mask is obviously damaged or it becomes hard to breathe through.**

# EMS Flowchart to Assess Potential COVID-19 Patients

For the evaluation of patient who may be experiencing flu-like symptoms



PORTSMOUTH EMERGENCY

# AMBULANCE

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Prehospital personnel receive  
***"EMS screened positive"*** notice from Dispatch or Facility

1.

## Assess

### "Provider Paramedic"

Highest level provider who arrives first on scene to doorway or as far as necessary to inquire about symptoms

- Before entering the building, Provider Paramedic will **don gloves, N95 mask, gown and eye protection**



### Balance of crew(s)

to remain outside and await information from Provider Paramedic

*If asymptomatic*

2.

Proceed as usual. Balance of crew(s) may enter and render patient care.

*If symptomatic or suspicion (e.g., fever, chills, cough, shortness of breath, respiratory distress)*

***Notify Receiving ED Early So It Can Plan Ahead - "EMS Screened Positive"***

***Advise bystanders not to accompany patient to the hospital***

3.

## Critical or Cardiac Arrest



## Non-critical

- All crew members don gloves, N95 mask and eye protection
- Gown up or launder clothing (see Step 5)
- If intubation required to save patients life, an igel or other secondary airway may be preferred.
- Avoid CPAP or nebulizers unless unstable; discontinue upon ED arrival

- "Provider Paramedic" relays to Director positive presence of flu-like symptoms
- Remainder of crew to remain outside unless needed
- Patient to wear a surgical mask for duration of care

4.

## Non-ambulatory



## Ambulatory

- Use minimum number of crew members to safely move patient to gurney and secure in ambulance; don gloves, N95 mask, gown and eye protection for duration of care
- Front compartment crew don N95: Close window/door between compartments if possible
- Patient compartment exhaust fan shall be used on highest setting during transport; air on in front cab set to outside air

- "Provider Paramedic" walk patient to gurney and secure in ambulance.
- Front compartment crew don N95 mask: close window/door between compartments if possible
- Patient compartment exhaust fan shall be used on highest setting during transport; air on in front cab set to outside air

5.

## Transportation

- Symptomatic or suspicion - create negative pressure system, crack front windows, turn HVAC system on high and turn on Exhaust system to high.
- No riders on emergency calls unless pediatric or end of life. All riders must be symptom free and have temperature less than 100.

6.

## Decontamination

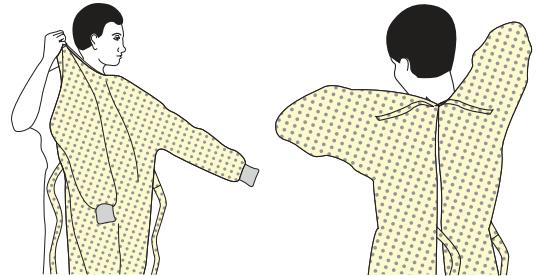
- Follow standard infection control policies for decontamination of ambulance and equipment
- If a protective gown was not worn during patient exposure, remove and launder clothing according to infection control policies

# SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

## 1. GOWN

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



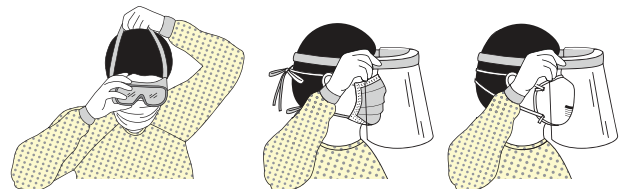
## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



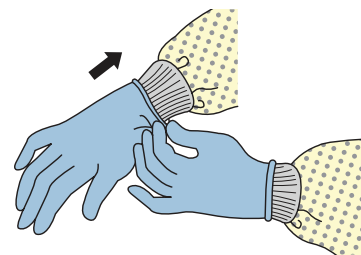
## 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



## 4. GLOVES

- Extend to cover wrist of isolation gown



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



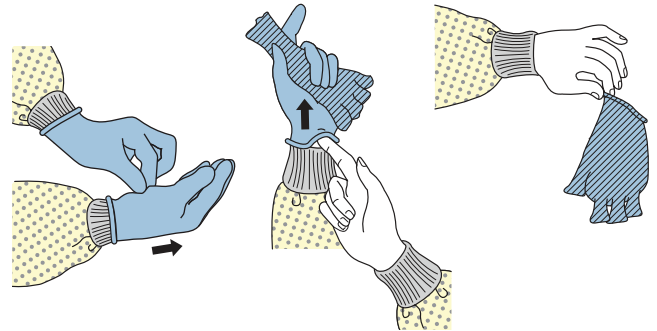
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door.** Remove PPE in the following sequence:

### 1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



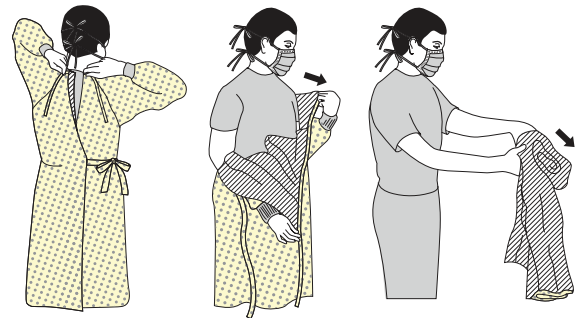
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



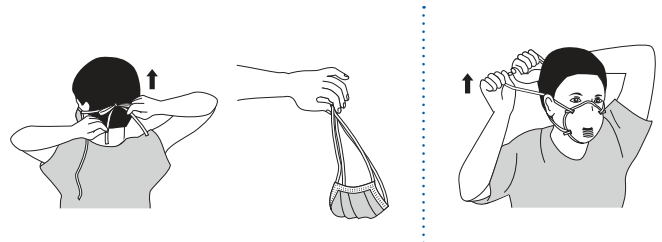
### 3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

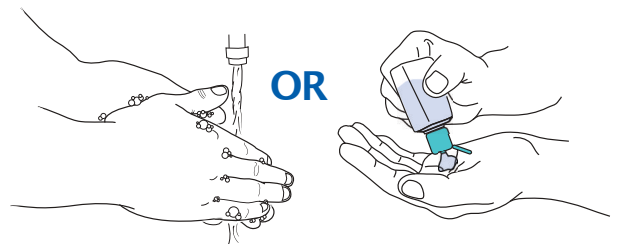


### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**





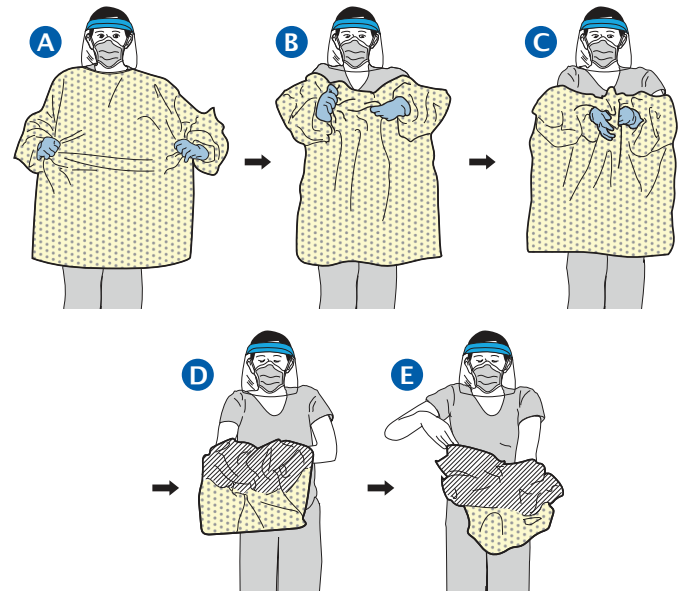
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



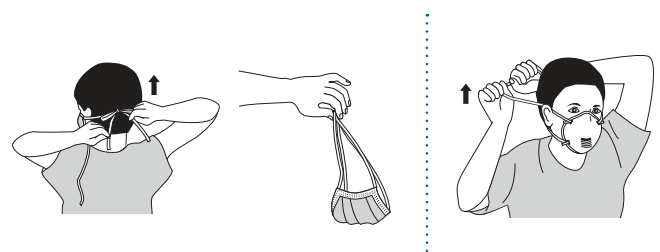
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

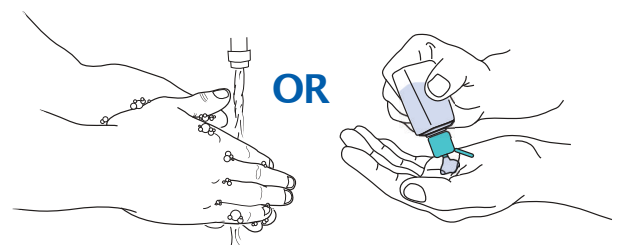


### 3. MASK OR RESPIRATOR

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- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
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**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



# COVID-19

## Know The Facts

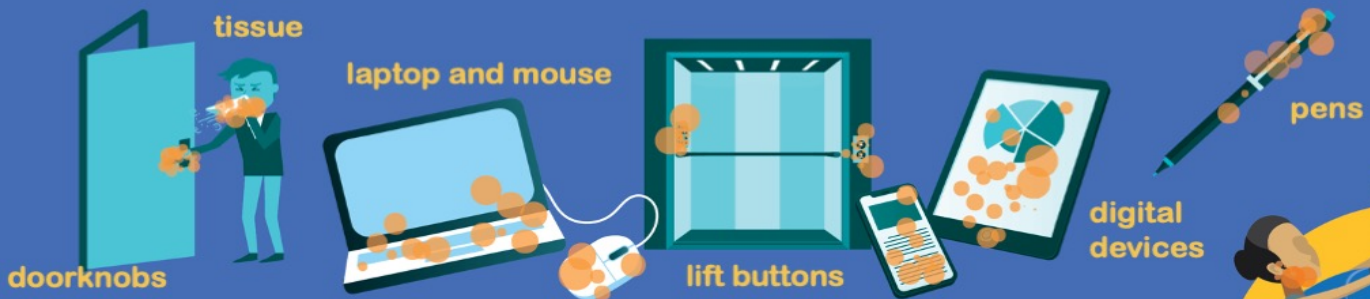
### COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands



### COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.



### Reduce your risk of COVID-19



Clean your hands often

Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth

Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick

Clean and disinfect frequently touched objects and surfaces





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