



## Carbondale & Rural Fire Protection District COVID-19 Guidelines for PPE Donning & Doffing

### Purpose and General information:

The purpose of this SOG is to provide guidelines for proper donning of Personal Protective Equipment when responding to patients who are suspected of having COVID- 19. This guideline also covers post response doffing procedures of contaminated PPE.

### Note:

A major concern for the Carbondale and Rural Fire Protection District is our continuity of operations. If our crews become infected there is a possibility they may be quarantined and out of service for fourteen days or more. **Ensuring personnel are properly isolating themselves from COVID-19 greatly reduces the risk of possible infection.**

Highlights in **Green** are changes made from previous SOGs

PPE currently being employed for COVID-19:

- Disposable gloves
- Disposable gown
- N95 respirator mask – **Wear what you have been fit tested for!**
- Goggles (to be cleaned and reused)
- **Hair Cap**

## **Be Fastidious about PPE!**

**For all NON COVID-19 EMS incidents & all calls for service, responders will wear the following PPE:**

- **Simple surgical mask (single use, then dispose)**
- **Gloves (single use, then dispose)**
- **Eye protection**



## Donning Personal Protective Equipment (PPE):

**\*Use another provider to ensure PPE has been donned correctly\***

1. Gown
  - Fully cover torso from neck to knees, arms to end of wrists, and wrap round the back.
  - Fasten gown in back of neck and waist.
2. Mask / Respirator
  - Secure elastic bands at middle of head and neck
  - Fit flexible band to nose bridge (do not pinch. . . a sharp point in the nose bridge will allow air to pass through mask)
  - Ensure mask fits snug to face and below chin (be mindful of facial hair and a proper seal. This may be difficult to achieve.)
  - Have other crew member inspect mask seal for obvious gaps.
3. Goggles
  - Place over face and eyes and adjust to comfortable fit.
4. Hair cap
  - Place hair cap over mask and goggle 'straps'. Have second provider ensure as much hair as possible has been covered. If the person donning the hair cover has long hair ensure as much of the long hair is tucked inside the "toe" area of the cover.
5. Gloves
  - Extend gloves over the wrist portion of the isolation gown.
  - Ensure the cuff of the gown is tucked properly into glove.
  - Ensure there is no visible skin.

**\* From this moment on do not touch face or head \***



## Doffing Personal Protective Equipment (PPE)

**\* Most medical providers are exposed inadvertently to contaminants during doffing procedures. When possible have another provider (who is wearing clean PPE) assist with doffing procedures. \***

**Example 1:** (predominately performed without assistance from another provider.)

### 1. Hair cap

- Grasp cap directly on the top of the head and lift upward removing cap from head.

### 2. Gown and Gloves

- Touching the outside of the gown only with gloved hands, grasp the gown in the front (mid chest) and pull away from your body so that the ties break.
- While removing the gown, fold or roll the gown inside-out into a bundle.
- As the gown is being removed peel off the gloves at the same time only touching the inside of the gloves and gown with bare hands. Immediately place contaminated gown and gloves into biohazard container.
- Wash hands with hand sanitizer.

### 3. Goggles

- Goggles are contaminated do not touch front with bare hands.
- Remove goggles from the back, by lifting the head band up, over, and away from the face.
- Place goggles in container for decontamination (**do not throw away**).

### 4. Mask / Respirator

- Mask / respirator are contaminated do not touch front with bare hands.
- Grasp bottom elastic band first, lift to top elastic band and pull both bands up, over, and away from the face.
- Discard into biohazard container.

### 5. Wash hands or use an alcohol-based hand sanitizer immediately after removing all PPE.



## **Example 2:** (Performed with another provider)

### **1. Hair cap**

- Grasp cap directly on the top of the head and lift upward removing cap from head.

### **2. Gown/Gloves**

- Partner stands behind contaminated person. Partner unties the gown and begins rolling the gown forward turning gown inside out.
- While rolling gown forward the partner needs to be cognizant of hand placement as to not contaminate gloves and spread to person being doffed.
- When gown has been rolled forward enough contaminated person will take over removing the gown and peel off the gloves at the same time only touching the inside of the gloves and gown with bare hands. (this portion of the procedure is the same as example 1)
- From uncontaminated side of gown, roll gown and gloves carefully to be disposed of in biohazard container.
- Wash hands with hand sanitizer.

### **3. Goggles**

- Goggles are contaminated do not touch front with bare hands.
- Remove goggles from the back, by lifting the head band up, over, and away from the face.
- Place goggles in container for decontamination (**do not throw away**).

### **4. Mask / Respirator**

- Mask / respirator are contaminated do not touch front with bare hands.
- Grasp bottom elastic band first, lift to top elastic band and pull both bands up, over, and away from the face.
- Discard into biohazard container.

### **5. Wash hands or use an alcohol-based hand sanitizer immediately after removing all PPE.**



**Example 3:** (Least recommended. To be performed if provider is unable to tear gown away and does not have assistance from second provider)

**1. Hair cap**

- Grasp cap directly on the top of the head and lift upward removing cap from head.

**2. Gloves**

- Using a gloved hand, grasp the palm area of the other gloved hand and peel it off.
- Hold removed glove in remaining glove hand.
- Slide fingers of ungloved hand under remaining glove at the wrist and peel off second glove over first glove.
- Discard gloves.
- Wash hands with hand sanitizer.

**3. Goggles**

- Goggles are contaminated do not touch front with bare hands.
- Remove goggles from the back by lifting the head band up, over, and away from the face.
- Place goggles in container for decontamination (**do not throw away**).

**4. Gown**

- Unfasten gown ties, taking care that the sleeves do not contact your body when reaching for the ties.
- Pull gown away from neck and shoulders, touching inside of gown only.
- Turn gown inside out while folding / rolling into a bundle and discard into biohazard container.
- Wash hands with hand sanitizer.

**5. Mask / Respirator**

- Mask / respirator are contaminated do not touch front with bare hands.
- Grasp bottom elastic band first, lift to top elastic band and pull both bands up, over, and away from the face.
- Discard into biohazard container.

**6. Wash hands or use an alcohol-based hand sanitizer immediately after removing all PPE.**