Personal protective equipment for contact and droplet precautions

Contact and Droplet Precautions must be used for routine care of patients with suspected, probable and confirmed COVID-19. Use advice within the ‘Contact and Airborne Precautions’ resource for aerosol-generating procedures, including intubation and bronchoscopy and for care of critically ill patients with suspected, probable or confirmed COVID-19.

Use the following personal protective equipment (PPE):

- gown – long sleeved
- gloves – non-sterile
- surgical mask (replace the surgical mask with a P2/N95 for Contact and Airborne Precautions)
- protective eye wear

Sequence for putting on PPE

1. Gown
   - Perform hand hygiene.
   - Unfold the gown and slide your arms into the arm holes and through the cuffs.
   - Secure the top of the gown at the back of the neck and tie the waist ties.

2. Mask and protective eyewear
   - Put on the surgical mask. Press the nosepiece to conform with the bridge of your nose and cheekbones.
   - Place eyewear over your eyes (and prescription glasses if worn) and adjust to fit.

3. Gloves
   - Perform hand hygiene.
   - Put on the gloves.
   - Extend the gloves to cover the wrist/cuff of your gown.
For more information visit www.coronavirus.tas.gov.au

Sequence for removing PPE for contact and droplet precautions

There are two approved sequences for removing PPE – Steps 2 and 3 can be reversed with hand hygiene between (ie remove gown, hand hygiene, remove eyewear, hand hygiene).

1. Remove gloves
   - Grasp the outside of the glove with the opposite gloved hand and peel off.
   - Hold the removed glove in the gloved hand.
   - Slide the fingers of your un-gloved hand under the remaining glove at the wrist.
   - Peel the second glove off over the first glove.
   - Discard gloves in waste container.
   - Perform hand hygiene.

2. Remove protective eyewear or face shield
   - Handle the eyewear or face shield by the headband or earpieces.
   - Place in designated receptacle for reprocessing or in waste container.
   - Perform hand hygiene.

3. Remove gown
   - Unfasten ties.
   - Touching the inside of the gown only, pull the gown away from your neck and shoulders.
   - Turn the gown inside out.
   - Roll the gown down away from your body, continuing until the gown is in a ball.
   - Discard in waste container.
   - Perform hand hygiene.

4. Remove mask
   - Unfasten the bottom tie and then the top tie.
   - Lean forward and pull the mask away from your face by using the tie or bands.
   - Hold the ties or band and discard directly into the waste container.
   - Perform hand hygiene.