



Guide to Personal Protective Equipment Use

During this time, there is scarcity of Personal Protective Equipment (PPE) in our country. Appropriate use of PPE will help in saving the much needed resources. The following are considered PPE: N95 respirator, facemask also known as surgical mask or procedure mask, gloves, gown, face shield, goggles and shoe cover.

Below is a guide to who should wear PPE, and what type of PPE to wear:

- COVID-19 Positive individuals in home isolation – wear facemask when around other people.¹ The Centers for Disease Control and Prevention (CDC) is recommending sick people to wear cloth face covering (cloth mask).²
- Staff caring for COVID-19 Positive individuals in home isolation – may wear N95 mask or surgical mask, and gloves.³ Use only gowns and face shield/goggles for activities where splashes and sprays are anticipated.⁴
- People who are sick with COVID-19 symptoms and awaiting test result – these individuals will fall under Persons Under Investigation (PUI). They may wear facemask or cloth mask.^{1,2}
- People who are not sick but have been tested for COVID-19 and awaiting test result - these individuals will fall under Persons Under Investigation (PUI). They may wear facemask or cloth mask.^{1,2,5}

¹ <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

² <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

³ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care-strategies.html>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html>

⁵ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

- Staff caring for individuals that are PUI – wear cloth mask.^{2,5}
- Individuals with no symptoms, and no direct exposure to someone who is sick with COVID-19 – may wear cloth mask.^{6,7,8} This will serve as a preventative method and is voluntary.^{6,7}

Reminder: PPEs are there to help protect you from getting the SARS-CoV-2 virus that causes the COVID-19 disease. Wearing face coverings does not substitute the state’s guidance of social distancing at least 6 feet (2 meters) apart, and hand washing of at least 20 seconds.^{6,7} Disinfecting high touch surfaces and electronics help prevent the spread of the disease as well.⁹

⁶ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

⁷

http://www.sjcphs.org/assets/20200411%20PHS%20NR_RECOMMENDATIONS%20FOR%20USE%20OF%20FACE%20COVERINGS.pdf

⁸ <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx>

⁹ <https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf>