



Guide for the Use of Personal Protective Equipment

Right now, Personal Protective Equipment (PPE) is not easily available. We should use the PPE only when it is needed. This will help save the much-needed resource. What is PPE? N95 respirator, facemask also known as surgical mask or procedure mask, gloves, gown, face shield, goggles and shoe cover.

Who should wear PPE? What type of PPE should you wear?

- If you are sick, stay away from other people. You should stay in a separate room in your house.¹ The Centers for Disease Control and Prevention (CDC) recommends sick people should wear a cloth face covering (cloth mask).²
- Staff who support people with COVID-19 should wear a N95 mask or surgical mask. They should wear gloves.³ Staff should use gowns and a face shield/goggles when splashes and sprays are anticipated.⁴
- People who are sick with COVID-19 symptoms and are waiting for a test result are called Persons Under Investigation (PUI). They may wear a facemask or cloth mask.^{1,2}
- People who are not sick but have been tested for COVID-19 and are waiting for a test result are called Persons Under Investigation (PUI). They may wear a facemask or cloth mask.^{1,2,5}
- Staff caring for individuals that are PUI may wear a cloth mask.^{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>

- Individuals with no symptoms, and no direct exposure to someone who is sick with COVID-19 may wear a cloth mask.^{6,7,8} This will help protect you and others.^{6,7}

Remember: PPEs help protect you from getting the SARS-CoV-2 virus that causes the COVID-19 disease. Wearing face coverings does not change the state's guidance on social distancing. You should stay at least 6 feet (2 meters) apart from other people. You should wash your hands for at least 20 seconds.^{6,7} You should disinfect surfaces and electronics that are touched often to help prevent the spread of the disease.⁹

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

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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>