

COVID-19 Personal Protective Equipment (PPE) Guidelines



March 11, 2022

KEY Points

PPE Considerations

When to Use Protocol A and Protocol D.

- For most children and adults with symptomatic SARS-CoV-2, the virus that causes COVID-19, infection, isolation, and precautions can be discontinued 10 days after symptom onset and after resolution of fever for at least 24 hours and improvement of other symptoms.
- *For people who are severely ill (i.e., those requiring hospitalization, intensive care, or ventilation support) or severely immunocompromised (i.e., those receiving active treatment for cancer or taking steroids, advanced HIV with CD4 count of less than 200, immunodeficiency disorder, or having an organ or stem cell transplant) extending the duration of isolation and precautions up to 20 days after symptom onset and after resolution of fever and improvement of other symptoms may be warranted.
- For people who are infected but asymptomatic (never develop symptoms), isolation and precautions can be discontinued 10 days after the first positive test. Patients who have recovered from COVID-19 can continue to have detectable SARS-CoV-2 RNA in upper respiratory specimens for up to 3 months after illness onset. However, replication-competent virus has not been reliably recovered and infectiousness is unlikely.

CDC - Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic. Updated Feb.2, 2022.

NYC DOH - Provider Guidance for COVID-19 Isolation, Quarantine and Transmission-Based Precautions by Category. Updated Feb.11, 2022.

Respiratory Hygiene Social Distance

Ask patients and household members to cover nose and mouth with a cloth face covering or mask if available and tolerated for the duration of the visit. If not available or not able, ask patient to cover cough or sneezes with disposable tissue and clean hands immediately after disposal.

When not providing direct care, maintain distance of > 6 feet from the patient or as much space as available

Key Points Mask Choice

- Masking is a critical public health tool to protect yourself and others from COVID-19, CDC continues to recommend that you wear the most protective mask you can that fits well and that you will wear consistently
- Masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly
- Some masks and respirators offer higher levels of protection than others, and some may be harder to tolerate or wear consistently than others. It is most important to **wear a well-fitted mask** or respirator correctly that is comfortable for you and that provides good protection
- Wearing a highly protective mask or respirator (**N 95**) may be most important for certain higher risk situations, e.g. newly diagnosed Covid-19, patient or while performing aerosol generating procedures/treatment or for some patients who are at increased risk of severe disease
- Wearing N95 respirator is most important for higher risk situations, e.g. newly diagnosed COVID-19 patient or while performing aerosol generating procedures/treatment (Protocol A).
- **KN95** masks are provided for your convenience and can be substituted for surgical face masks during heightened virus transmission or to provide you with a greater level of comfort during patient care.
- The **KN95** may be re-used providing they are able to seal, or have not reached the end of their use by being soiled, damaged or moist from sweat or fluid loss through breathing
- KN95 respirators (designed and tested to meet international standards) can be substituted for surgical face masks (Protocol B,C). Follow the same principles for extended use and limited reuse as for N95s. Perform seal check after donning. Discard when dirty, damaged, hard to breathe through.
- **KN95 masks are available for all clinical staff including Home Health Aides – they are NOT available via Cardinal Supplies at this point and must be picked up at the distribution centers. Up to 40 KN95' can be picked up at a time.** 4

PROTOCOL A: New COVID-19 Diagnosis or Symptoms Within The Past 10* Days Hospice and Home Care

(HHA – Requirements See Protocol D)



- N95 Respirator
- Gloves
- Gown
- Eye Protection – Face shield/goggles

Provide care to patients with new COVID-19 diagnosis or symptoms:

- Evaluated/diagnosed/treated with positive COVID-19 test in the Emergency Room, Clinic, or Hospital and released home (Treat and Release) within the past 10*
- Patients report new COVID-19 symptoms on Pre-visit Screening (positive pre-visit screen)
- Diagnosed with COVID-19 while on service
- Patients living with household member newly diagnosed with COVID-19 or with new symptoms and are not able to isolate within the past 10* days

Use Protocol (A) PPE for TOTAL of 10 days and switch to Protocol (B) PPE if after 10 days of isolation no fever for at least 24 hours and improvement of other symptoms.

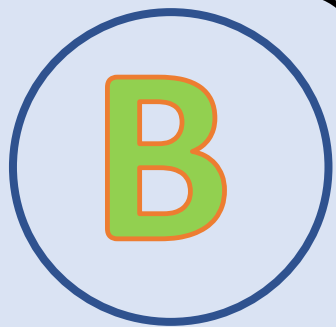
*Extend Protocol (A) PPE to 20 days after symptom onset for patients with severe illness or severe immunocompromise

Use N95 plus face shield/goggles if providing aerosol-generating procedure/treatment; follow N95 extended use protocol

PROTOCOL B: Routine Patient Care in The Home

COVID-19 Negative And/Or Beyond 10 days since COVID-19 Diagnosis **And/Or Low Exposure Risk to COVID-19**

- **Surgical Face Mask**



Standard Precautions

When contact with body fluids is likely, use gloves.

When sprays or splashes are likely, use goggles or face shield.



Provide care to the following patients:

- **COVID-19 negative test**
- **No COVID-19 symptoms** (fever or chills, new or worsening cough, shortness of breath, sore throat, new loss of taste or smell, diarrhea, nausea or vomiting, muscle pain, headache)
- **Recovered (History of COVID-19)**
 - **At least 10 days since COVID-19 symptoms or diagnosis**
 - * **AND**
 - **At least 24 hours since fever is resolved without the use of fever-reducing medications**
 - ***AND**
 - **Overall improvement in illness (e.g. improving cough, shortness of breath).**

Use Protocol (B) PPE as on-going unless patient meets criteria for Protocols A and C

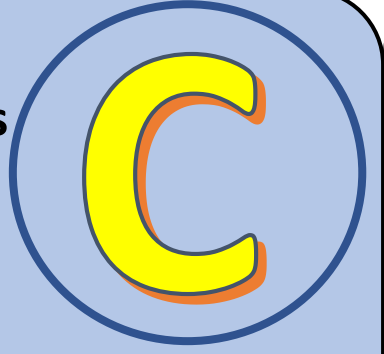
Use N95 plus face shield/goggles if providing aerosol-generating procedure/treatment; follow N95 extended use protocol

Standard Precautions

Use gloves, gown, face shield/goggles: when splashes or sprays are likely (e.g. wound care)

PROTOCOL C: Household Member either Diagnosed with COVID-19 illness or with symptoms and in isolation but the patient remains COVID-19 NEGATIVE

- Surgical Face Mask
- Eye Protection – Face shield/goggles
- Gloves
- Gown



Patients who are NEGATIVE but have household member living in the same home with COVID-19 illness OR COVID-19 symptoms. Clinicians should ask household member with COVID-19 symptoms (fever or chills, new or worsening cough, shortness of breath, sore throat, new loss of taste or smell, diarrhea, nausea or vomiting, muscle pain, headache) to stay in a separate room and maintain self isolation

- If household member unable to self-isolate, follow Protocol (A) PPE

Use Protocol (C) PPE for a TOTAL of 10 days for symptomatic household members and switch to Protocol (B) PPE if after 10 days of isolation no fever for at least 24 hours and improvement of other symptoms

Use N95 plus face shield/goggles if providing aerosol-generating procedure/treatment; follow N95 extended use protocol.

PROTOCOL D: Care of COVID-19 Positive Patient who requires HHA Services Diagnosed Within the Past 10* Days

NO hour restriction but the following protocol must be in place

- N95 Respirator
- Gloves
- Gown
- Eye Protection – Face shield/goggles



Patients who are COVID-19 POSITIVE but require the services of a HHA the following criteria should be in place:

1. The HHA should be fit tested ✓
2. The HHA must have sufficient PPE to last the entire shift including multiple changes of PPE ✓
3. The HHA is required to have a break and rest from wearing full PPE every four (4) hours ✓
4. The HHA is required to be able to go to a separate room or space away from the client to take a break/eat ✓

Use N95 plus face shield/goggles if providing aerosol-generating procedure/treatment; follow N95 extended protocol



Patients diagnosed with COVID-19 within the past 10* days;
Patients need more than 4 hours of in-person HHA services;
Patient's home has an HHA-designated private room/area with proper ventilation away from patient/family; OR HHA can leave patient's home for a PPE break/rest every 4 hours;


Covid Kit

- N95 for each block of 4 hours day. Can be reused if not soiled or wet. (additional N95 available when needed)
- Sufficient gowns for each block of 4 hrs/day; and ability to change gown if soiled or wet
- Goggles or face shields, may be re-used if cleaned at the end of the shift and stored in a cool dry place (additional goggles/face shield available if needed)
- EPA List N wipes; to clean and store face shield/goggles
- Gloves sufficient, quantity to change during the shift


Instructions for PPE Use

- Don PPE prior to entering patient's room;
- Perform fit-check every time N95 is donned;
- Can wear PPE continuously for up to 4 hours while in patient's home;
- Take a PPE break or rest at least every 4 hours and if needed by leaving patient's home/room;
- Doff PPE when exiting patient's home/room;
- Don facemask when going on PPE break/rest;
- PPE is removed upon leaving patient's home.
- PPE should be donned when entering patient's home/room;
- Change PPE when soiled/wet or mask is hard to breathe through


PPE Extended Use, Reusing, and Storage

TYPE OF PPE	EXTENDED USE OF PPE	REUSE AFTER REMOVAL	CARE, CLEANING AND DISINFECTION	APPROPRIATE STORAGE OF PPE BETWEEN USE
<p data-bbox="71 571 489 668">Surgical Face Mask/Ear Loop Mask</p> 	<ul data-bbox="529 342 963 1192" style="list-style-type: none"> • After completing the visit remove gloves if used and wash your hands or use hand sanitizer. • Remove the mask by grasping the ear straps. • Fold the mask so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. 	<ul data-bbox="1011 342 1457 885" style="list-style-type: none"> • The folded mask can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies. • Discard at the end of the day along with the paper bag. 	<ul data-bbox="1493 342 1814 378" style="list-style-type: none"> • Not applicable. 	<ul data-bbox="1969 342 2402 678" style="list-style-type: none"> • The folded mask can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies.



PPE Extended Use, Reusing, and Storage

TYPE OF PPE	EXTENDED USE OF PPE	REUSE AFTER REMOVAL	CARE, CLEANING AND DISINFECTION	APPROPRIATE STORAGE OF PPE BETWEEN USE
<p>N95 Respirator</p> 	<ul style="list-style-type: none"> • After completing the visit remove gloves and wash your hands or use hand sanitizer. • Remove the mask by grasping the straps. 	<ul style="list-style-type: none"> • The respirator can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies. • It can be reused if clean and intact • Protected by a surgical face mask or face shield. • Successful seal check upon re donning. • The N95 may be re-used as long as they are able to seal, were not worn during an aerosol generating procedure or have reached the end of their use by being soiled, damaged or moist from sweat or fluid loss through breathing. 	<p>Not applicable.</p>	<p>The respirator can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies.</p>



PPE Extended Use, Reusing, and Storage

TYPE OF PPE	EXTENDED USE OF PPE	REUSE AFTER REMOVAL	CARE, CLEANING AND DISINFECTION	APPROPRIATE STORAGE OF PPE BETWEEN USE
<p data-bbox="114 435 343 478">KN95 Mask</p> 	<ul data-bbox="461 264 891 606" style="list-style-type: none"> • After completing the visit remove gloves and wash your hands or use hand sanitizer. • Remove the mask by grasping the straps. 	<ul data-bbox="945 264 1630 1063" style="list-style-type: none"> • The respirator can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies. • It can be reused if clean and intact • Successful seal check upon re donning. • The KN95 may be re-used as long as they are able to seal, were not worn during an aerosol generating procedure or have reached the end of their use by being soiled, damaged or moist from sweat or fluid loss through breathing. 	<p data-bbox="1676 264 1936 299">Not applicable.</p>	<p data-bbox="2012 264 2466 549">The respirator can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies.</p>

PPE Extended Use, Reusing, and Storage

TYPE OF PPE	EXTENDED USE OF PPE	REUSE AFTER REMOVAL	CARE, CLEANING AND DISINFECTION	APPROPRIATE STORAGE OF PPE BETWEEN USE
<p data-bbox="173 511 392 554">Face shield</p>  	<p data-bbox="537 339 983 682">After completing the visit remove the face shield. Remove the face shield by grasping the headband, wash your hands or use hand sanitizer.</p>	<p data-bbox="1026 339 1485 739">While wearing gloves, carefully wipe the inside, followed by the outside of the face shield or goggles, and the straps, using a clean cloth saturated with neutral detergent solution or cleaner wipe.</p> <p data-bbox="1026 796 1467 888">Fully dry (air dry or use clean absorbent towels) .</p>	<p data-bbox="1523 339 1964 596">Carefully wipe the outside of the face shield or goggles using a wipe or clean cloth saturated with EPA-registered disinfectant solution.</p>	<p data-bbox="2005 339 2435 631">The face shield can be stored between uses in a clean sealable paper bag or breathable container. Please keep separate from sterile supplies.</p>

PPE Extended Use, Reusing, and Storage

TYPE OF PPE	EXTENDED USE OF PPE	REUSE AFTER REMOVAL	CARE, CLEANING AND DISINFECTION	APPROPRIATE STORAGE OF PPE BETWEEN USE
<p>Gowns</p>  <p>Gloves</p> 	<p>Cannot be reused or disinfected.</p>	<p>Cannot be reused or disinfected.</p>	<p>Not applicable.</p>	<p>Not applicable.</p>



Extended Use

- ***Extended use of PPE*** refers to wearing the same PPE for encounters with several patients (KN95, N95 and Face Masks and Face Shields).
- **Note:** There are multiple styles of N95 respirators, which may appear different from the image.
- Perform a seal check before each use of N95 respirator.
- **Note:** Practices for PPE reuse may be modified in discussion with IPC