

DONNING AND DOFFING GUIDE FOR EMERGENCY MEDICAL SERVICES PROVIDERS

Emergency Medical Services (EMS) and other first responders are adjusting to increased safety needs and changes in protection. Guidelines have been updated for close contact with confirmed or suspected COVID-19 patients and during aerosol generating procedures.^{1,3} This includes members of emergency medical services (EMS), fire fighters, law enforcement and all other emergency management workers. Additional information on PPE use can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html>.

For optimal protection and to avoid cross-contamination during the donning and doffing process, follow these steps:^{1,2,3}

DONNING	DOFFING
<ol style="list-style-type: none"> 1. Perform hand hygiene. 2. Protective Clothing: Don gown. Secure all ties/fasteners. If back closure, a second operator should assist. 3. Mask/Respirator: Mask: Tie at top of head and base of neck or loop over ears to secure. Respirator: Place straps at top of head and base of neck to secure, eliminating any gaps between respirator and face. Perform seal check. 4. Eye Protection: Place goggles or face shield over mask straps and ensure elastic strap fits snugly on the head. 5. Perform hand hygiene before putting on gloves. 6. Gloves: Don gloves as final step, be sure to extend gloves over gown cuff or clothing to cover wrist and limit exposure. 	<ol style="list-style-type: none"> 1. Remove gloves being careful to prevent additional contamination of hands. Gloves can be removed using more than one technique with primary goal of not touching the outside contaminated portion. Discard in sealed trash receptacle. 2. Remove gown. First untie or unsnap all buttons. Reach up to shoulders and carefully pull gown down and away from body. Roll gown down and discard in sealed trash receptacle. 3. Perform hand hygiene. 4. Remove face shield or goggles by grabbing strap, pulling upwards and away from head. Do not touch the front of face shield or goggles. Discard in a sealed trash receptacle or prepare for cleaning/reprocessing. 5. Remove and discard respirator or mask without touching the front. Respirator: touch only bottom strap and bring it carefully over head, repeat with top strap, then pull respirator away from face. Mask: Carefully untie or unhook from ears and pull away from face. Discard respirator/mask in a sealed trash receptacle. 6. Perform hand hygiene after removing mask or respirator.



IMPORTANT TIPS TO REMEMBER^{1,2,3}

- PPE must be donned correctly before entering the patient space.
- Type of PPE is based on exposure risk. For confirmed or suspected COVID-19 patients and for aerosol generating procedures use of a respirator is recommended (N95/P2/FFP2 depending on country guidelines).
- PPE must remain in place and be worn correctly for the duration of work.
- PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient contact.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination.
- Ensure safe waste management. Treat waste contaminated with blood, body fluids, secretions and excretions as medical waste, in accordance with local regulations.
- All personnel should avoid touching their face while working.

HAND HYGIENE⁴

Before donning and after doffing PPE for care of any patient, proper hand hygiene should be performed. Wash hands with soap and water for at least 20 seconds, or disinfect hands with an alcohol based hand rub (>60%) in compliance with your organization's recommended procedure.

References:

1. CDC Interim Guidance for Emergency Medical Services (EMS) Systems and 911 Public Safety Answering Points (PSAPs) for COVID-19 in the United States. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html>. Accessed August 4, 2020.
2. EMS Infectious Disease Playbook. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response. June, 2017. <https://www.ems.gov/pdf/ASPR-EMS-Infectious-Disease-Playbook-June-2017.pdf>. Accessed August 4, 2020.
3. CDC Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>. Accessed May 15, 2020.
4. CDC Hand Hygiene Recommendations. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>. Accessed August 4, 2020.

➔ For more information on infection prevention and control of COVID-19, please visit: www.ansell.com/us/en/the-new-coronavirus

Please Note: Given the novelty of this coronavirus, recommendations from the source references are interim and advisory in nature and are based on current knowledge of the situation. Always ensure compliance with your local public health authorities regulations surrounding conservation, usage, and selection guidance of PPE to combat the COVID-19 pandemic.