According to the CDC, high risk jobs are those with potential for exposure to known or suspected sources of COVID-19. Workers in this category include outpatient and ambulatory care settings where health services or acute care services are provided on an outpatient basis. These settings can include community health centers, urgent care, retail clinics in pharmacies, grocery stores or mass merchants, hospital and non-hospital based clinics, physician offices, and other public health clinics. It is important to correctly wear PPE to protect yourself and others from COVID-19.

Additional information on PPE use during clinical care can be found at www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html.

**STANDARD AND CONTACT PRECAUTIONS**
- Eye protection, goggles
- Fluid resistant face mask
- Long sleeved, fluid resistant disposable/reusable cloth gowns
- Disposable gloves

**AIRBORNE AND DROPLET PRECAUTIONS**
- Eye protection, goggles or face shield
- N95 or higher-level respirator
- Long sleeved, fluid resistant disposable/reusable cloth gowns
- Disposable gloves

**IMPORTANT TIPS TO REMEMBER:**
1. Follow facility guidelines for PPE alternatives or any conservation procedures.
2. Type of PPE is dependent on exposure. For aerosol generating procedures, an N95 respirator is recommended.
3. Consider use of overalls, disposable aprons and lab coats with long sleeves and closures when gowns are not available.
4. PPE must be worn correctly before entering the patient area and remain in place for the duration of care.
5. Always extend the glove cuff over the gown cuff to fully cover the wrist and limit exposure.
6. If a respirator is not available, use a combination of a surgical mask and a full-face shield.
7. PPE should not be adjusted (e.g., retying gowns, adjusting mask, etc.) during patient care.
8. Remove and discard all disposable PPE into a sealed trash receptacle (e.g., disposable respirators/masks, eye protection, gown, gloves, etc.).
9. Clean and disinfect reusable eye protection according to manufacturer’s instructions prior to re-use.
10. Reusable cloth gowns should be laundered after each use.

**MEDICAL GLOVES MUST**
- Conform to standard AQL 2.5 or less (Minimize potential risks of contamination due to pinhole defects)
- Conform to ASTM F1671 and EN ISO 374-5 VIRUS (Barrier against viral penetration)
- Conform to EN 455 (Standard for medical exam gloves)

**References:**