

Personal Protective Equipment (PPE)



Do's and Don'ts

Do

Wash your hands between interactions with residents.

Do

Correctly wear a cloth or medical mask wherever possible as well as goggles or face shields (which should be sanitized regularly and reused)

Do

Conserve PPE wherever possible. Staff working directly with symptomatic residents have priority. Use gowns for high-contact activities such as bathing, transferring, and dressing.

Do

Wear gloves while cleaning with medical-grade disinfectant.

Don't

"Snap" your gloves, as this may aerosolize the virus.

Don't

Touch the outside of your mask, goggles, or face shield. If you must adjust any of the PPE on your face, wash your hands before and after touching it.

Don't

Wear gloves outside of patient care areas.

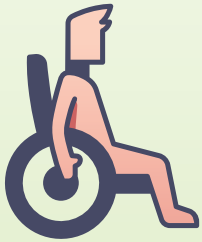
Don't

Wipe your skin with any medical-grade disinfectant. These disinfectants are not meant for use on skin.

In general, treat the outside of PPE as though it is "dirty" and contaminated with the virus. Avoid touching the outside of PPE whenever possible and make sure to wash hands frequently.

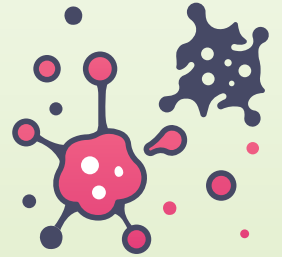
WHO IS CONSIDERED HIGH-RISK FOR COVID-19 COMPLICATIONS?

Everyone is at risk of being infected with the novel coronavirus. However, some, depending on their medical history, age, etc., are more likely to suffer severe complications and have a higher risk of death if they are infected.



Adults over 65 years old

and



People of any age that have underlying medical issues such as:

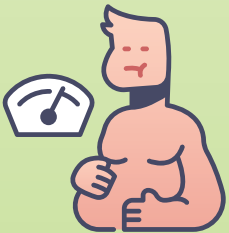


Serious heart conditions



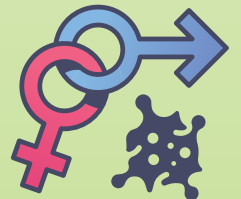
Chronic lung disease or asthma

Severe obesity



Chronic kidney or liver disease


Diabetes



Other conditions causing a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

HOW TO PROPERLY WEAR A MASK

reduce viral transmission by correctly wearing your surgical mask



Mold the bendable
metallic upper strip to
the shape of your nose
by pinching and
pressing down on it
with your fingers

Ensure that the
mask fits
snugly

The mask must fully
cover your nose,
mouth, and chin

Take the mask on
and off by holding
the earloops, not the
fabric of the mask

Do not touch
the fabric of the
mask while in
use

SAFETY GUIDELINES FOR INTERACTING WITH RESIDENTS

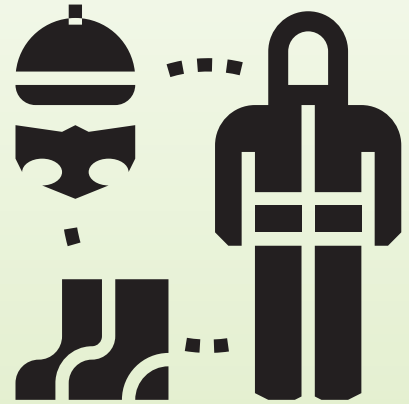
Consistency is key - assume all residents may be infected and act accordingly.



WASH HANDS

for 20 seconds with soap and water

- after interacting with each resident
- after removing PPE



WEAR GOWNS

for high-contact activities if available.

Put on the gown before entering the room and dispose of it immediately after you exit the room



WEAR A MASK

that covers your mouth and nose -
do not adjust mask once you have
begun contact with the resident

WEAR GLOVES
if you are concerned
that the resident is
symptomatic



DISPOSE OR STORE
all PPE - gloves, masks,
gowns - properly

local resources



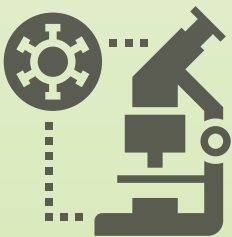
If you have any questions related to Covid-19



1 call the hotline

(240) 777-1755

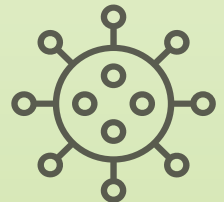
Montgomery County has a Disease Control Hotline currently staffed by public health service nurses from 8 AM to 8 PM, 7 days a week. They are available to provide guidance and answer questions related to COVID. Staff are also able to help locate testing options if appropriate.



2 check the county website

<https://montgomerycountymd.gov/HHS/>

The Montgomery County Website is constantly being updated with the newest recommendations.



3 drive-thru testing

The County is offering small numbers of tests through drive through sites throughout the County. These tests require a physician's order to be tested. Any patient interested in testing should first talk to their healthcare provider. The Disease Control line may be able to assist residents in finding a provider to conduct a screening if they are uninsured or do not have a healthcare provider.



4 Maryland Department of Health website

<https://coronavirus.maryland.gov/>

Offers state-specific data, policies and requirements, recommendations, and links to further resources.

5 visit the Centers for Disease Control and Prevention (CDC) website for more information

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>