

 UC Health™

# Coronavirus Disease 2019 (COVID-19)

# What is coronavirus disease 2019 (COVID-19)?

- Novel (new) coronavirus that has not yet been previously seen in humans
- First identified in Wuhan, China in December 2019
- Different from the coronaviruses that commonly circulate among humans

# How easily does the virus spread?

- COVID-19 is a new disease, and scientists are still learning how it spreads, the severity of illness it causes, and to what extent it may spread in the U.S.
- Currently, COVID-19 seems to be spreading easily and sustainably in the community.

# How COVID-19 spreads

- Person to person (close contact within 6 feet)
- Respiratory droplets produced from a cough or sneeze
- Touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes

# What are the symptoms of COVID-19?

Mild to severe symptoms of:

- Fever
- Cough
- Shortness of breath
- 80 percent of patients only have mild symptoms and do not require hospitalization



# How can I protect myself and others?

- Avoid close contact (6 feet) with people who are sick
- Avoid touching your eyes, nose, and mouth
- Wash your hands often with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Use tissues to cover coughs and sneezes, then discard tissue in the trash
- Clean/disinfect frequently touched objects and surfaces
- IF YOU ARE SICK, STAY AT HOME!

# Patient Care and COVID-19?

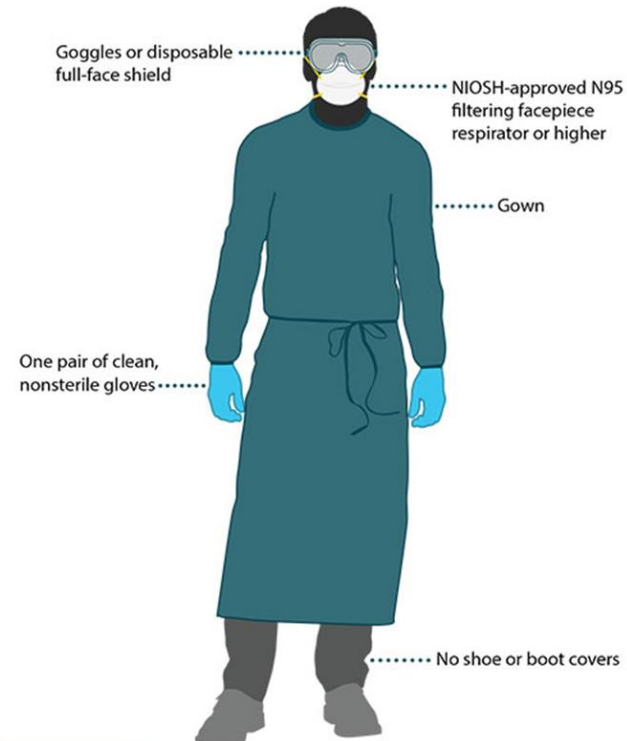
- Only patients needing medical intervention should be referred to hospitals or clinics
- Please notify clinic or hospital at the time of referral with details such as symptoms and travel history
- Testing capabilities are limited and results are not available immediately
- Please stay up to date on the current hospital's policy (Highly Communicable Respiratory Disease) and department specific procedures
- Refer to the current CDC recommendations at [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

# How do we isolate patients?

- Combine use of Standard, Contact, Droplet, and Airborne Precautions with eye protection when caring for patients with confirmed or possible cases
- Maintain physical distancing when appropriate (6 feet)

**COVID 19**  
CORONAVIRUS DISEASE

**COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel**



03/24/20 14 10/21/20

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



# Donning PPE

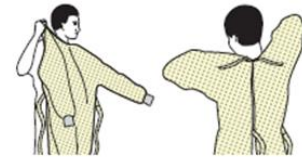
1. Hand hygiene
2. Gown
3. N95 Mask or PAPR
4. Goggles or Face Shield (not needed if PAPR)
5. Gloves

## SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

### 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



### 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



### 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



### 4. GLOVES

- Extend to cover wrist of isolation gown



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



# Doffing PPE

1. Gown and Gloves
2. Goggles or face shield
3. N95 Mask or PAPR
4. Hand hygiene

## HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room except a respirator, if worn.** Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

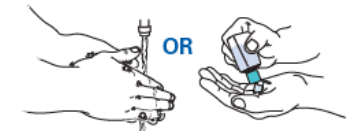


### 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



# UC Health Contact Information



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CLINICAL GUIDANCE PHONE

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