



When used correctly, personal protective equipment (PPE) acts as a barrier for germs like bacteria and viruses, carried in blood, body fluids, air, on the skin or in the mouth, in the nose and eyes, or in the environment.

Routine use includes discarding or fully cleaning and disinfecting PPE after each use. In other words, One and Done!



WEIGHING THE COSTS

Anything that has been used in a care setting is potentially dirty or contaminated, making the routine use of gloves, respirators, eye protection, gowns and other PPE necessary.

Every year, infections that could have possibility been avoided indirectly cost the U.S. hospital system 28.4 billion dollars, as well as another 12.4 billion dollars in costs to society from early deaths and lost productivity.

The One and Done routine use of PPE is the safest and most beneficial to health care workers, patients and the health care system.



ONE AND DONE!



MASKS/RESPIRATORS — When it comes to routine PPE use for protecting the lungs and airways, different levels of masks and respirators are recommended for different situations. The type of mask and how it is worn depends on whether respiratory protection or source control is the goal.

Wearing a well-fitting surgical or facemask to reduce the spread of germs from your mouth and nose to others is source control.

When using a mask for source control, it can be used for an entire shift, unless the mask becomes soiled, damaged or hard to breathe through.

For respiratory protection, wearing a new NIOSH-approved N95 or higher respirator is the recommended routine use for protection during certain procedures or when caring for patients with select diseases, like measles.

For routine use, the respirator should be donned before a new patient encounter and doffed and disposed of when leaving that patient's care area.

The respirator should fit the face of the person using it and have a tight seal. Ask your employer about their respiratory protection program and how you can be fit-tested for the correct respirator if you perform duties that could put you at risk.

GLOVES — Wearing gloves helps protect skin and reduces the spread of germs from hands to other people and surfaces.



The routine use of gloves doesn't mean wearing them with every patient. Instead, it is recommended gloves always be worn when it is reasonably anticipated that contact with one or more of the following will occur:

- Blood
- Respiratory secretions
- Vomit
- Urine
- Feces
- Mucous membranes
- Non-intact skin
- Potentially contaminated skin
- Contaminated equipment or items
- Certain hazardous drugs

Wearing gloves is never a substitute for good hand hygiene. Always clean hands before putting on, or donning, gloves. Carefully remove, or doff, contaminated gloves after providing patient care, then discard gloves immediately and clean hands again.



Most respirators are designed for one-time use, however, there are times when the same respirator can be used more than once if not soiled and fits properly. Check facility policies and the manufacturer's guidelines to confirm the correct actions to take.

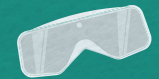
GOWNS — Body protection as part of routine PPE use means wearing an isolation gown.

Gowns protect clothing from germs, body fluids and other contaminants, and when doffed and disposed of properly, also protect the healthcare worker and others by preventing the spread of germs from one patient care area to the next.

Gowns should always be worn when there is a risk of splashing or spraying, and when caring for patients with certain illnesses.

A gown should be donned before entering a patient's room and doffed and properly discarded before exiting the care area.

EYE PROTECTION —



Routine PPE for eye protection takes the form of goggles or a face shield.

The eyes are at risk to germs and droplets traveling in the air, carrying viruses that can enter a person's body through the tear ducts and cause illness.

Correctly fitted goggles with anti-fog coating offer good eye protection from splashes, sprays and respiratory droplets in the air.

Regular eyeglasses do not provide appropriate protection, with gaps between the glasses and face exposing the sides to contamination. Face shields address these gaps by helping protect the eyes as well as the front and sides of the face.



Some types of eye protection are reusable. When that's the case, they should be cleaned and disinfected following the manufacturer's guidelines before every patient encounter.



Not all types of PPE are needed for every situation. The PPE selected should be based on the nature of the interaction and potential for exposure to infectious material.