

Recommended PPE for COVID-19

When providing direct care to patients with No Suspicion or Confirmation of COVID-19: When providing direct care to other patients (no suspicion or confirmation of COVID-19), recommended PPE is a medical grade mask and eye protection.

When providing direct care to patients with Suspected or Confirmed COVID-19:

- A fit-tested, seal-checked N95 respirator (or equivalent), eye protection, gown, and gloves.
- Surgical/medical masks, eye protection, gown, and gloves.

*Patients with suspect COVID 19 are those with symptoms of COVID 19 who are being tested or planned for COVID 19 testing based on symptoms or exposure. As always we ask that you perform a Point of Care Risk Assessment (PCRA) to determine the best PPE for you in any specific situation.

When performing Aerosol Generating Medical Procedures (AGMPs):

Fit tested N95 respirators (or equivalent) should be used when aerosol generating medical procedures (AGMPs) are performed or anticipated to be performed on patients with suspect or confirmed COVID-19.

Conserving Our Supply:

N95 respirator Extended Use Policy. We are asking staff to use one N95 respirator pre mealtime break during a shift, then replacing it after meal break for remainder of shift. For longer shifts (i.e. 12 hours) that have two meal breaks, replace N95 respirator after each meal break

FAQs:

How do I know if I've had an exposure?

The biggest question to ask yourself is "Was I wearing appropriate PPE?". If the answer is yes, then you are not considered to be exposed even if you are in close contact with someone who is a confirmed COVID 19 positive case. This is why, it is important to wear PPE around your coworkers and patients. Remember the majority of COVID 19 outbreaks in healthcare facilities have been linked to worker to worker exposure. October 31, 2022 2

When I am at my biggest risk?

Your biggest risk point is when you remove your PPE (usually to eat or drink). Remember to wash your hands before eating and remain socially distanced from anyone else while eating. Also, it is important not share food with coworkers. If you want to treat your coworkers, be sure to provide treats that are individually packaged.

How do I get Fit Tested?

Email: N95appointment@ihis.org

Book a time: <https://widgets.skipthewaitingroom.com/healthpeiemployeeclinics>

How do I perform a Point of Care Risk Assessment (PCRA)?

Please see the documents below for guidance. Note: these documents can be found anytime on the Infection Prevention and Control section of our Staff Resources page).

Point of Care Risk Assessment.pdf(healthpei.ca)

Point of Care Risk Assessment Algorithm Poster.pdf (healthpei.ca)

How do I perform a Mask Fit Check?

- Check for gaps by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

How do I know if I need to be Fit Tested?

If you work directly with patients have not been fit tested in the last 2 years or if you have experienced any changes that may affect the fit of the respirator (i.e. weight loss/gain, dental changes or cosmetic surgery) you should be fit tested.

Once I have been Fit Tested, should I start wearing N95s?

No, as always you should complete a Point of Care Risk Assessment to determine the correct PPE to wear.

Where can I get additional PPE?

Your Manager can provide you with access to the PPE you need.

For MANAGERS:

Ordering PPE:

As the Manager you are responsible for ensuring there is appropriate PPE available for your staff. You can order PPE through your PPE champions.