

**Recommended PPE To Be Used In
The Management Of COVID-19/
Suspected Cases in HRPB**
Revision: 15/4/2022

**Chart A - SEQUENCE FOR GOWNING
PERSONAL PROTECTIVE EQUIPMENT (PPE)**

Activity A		
NO contact with patient		Example of activities: History taking, Driving ambulance, Serving diet, Housekeeping
No	Gowning / Donning	Sequence of PPE
1	Perform 6 steps of hand hygiene - hand wash/ alcohol hand rub	
2	Wear N95 mask. Perform Fit Check	
3	Wear face shield / goggles.	
4	Wear white apron*can be omitted, if no contact	

Activity B		
MINIMAL contact with patient/contact is limited AND no splashes are anticipated		Example of activities: Recording clinical vital assessment (BP, PR, O ₂ sat), Inserting a peripheral IV cannula, Administering or changing IV fluids, Doing simple clinical examination such as auscultation/ feeling the pulse/ checking DXT etc
No	Gowning / Donning	Sequence of PPE
1	Perform 6 steps of hand hygiene - hand wash/ alcohol hand rub	
2	Wear N95 mask. Perform Fit Check	
3	Wear face shield / goggles.	
4	Wear white apron	
5	Perform 6 steps of hand hygiene using alcohol hand rub	
6	Wear gloves over gown sleeve	

Activity C		
DIRECT contact with patient OR Contact is prolonged and splashes are anticipated OR Aerosol-generating procedure (AGP)		Example of activities: Changing diapers and assisting with toileting activities, Wound care, Assisting or performing oral care /bathing/ sponging, Transferring a patient e.g. from bed to chair, Resuscitation, Performing AGP
No	Gowning / Donning	Sequence of PPE
1	Perform 6 steps of hand hygiene - hand wash/ alcohol hand rub	
2	Wear N95 mask. Perform Fit Check	
3	Wear face shield / goggles.	
4	Wear long sleeves isolation gown	
5	Perform 6 steps of hand hygiene using alcohol hand rub	
6	Wear gloves over gown sleeve	

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**Chart B : SEQUENCE FOR
DEGOWNING PERSONAL
PROTECTIVE EQUIPMENT (PPE)**

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Key
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NO.	De-gowning/ Doffing	Sequence of PPE
Dalam Bilik Isolasi		
1	Perform 6 steps of hand hygiene with alcohol handrub on gloved hand.	
Dalam 'Ante Room' / Luar Bilik Isolasi		
2	Remove glove (if use double gloves remove at the same time) <i>a)Using a gloved hand, grasp the palm area of the other gloved hand and peel off gloves</i> <i>b)Hold removed glove in gloved hand</i> <i>c)Slide fingers of un-gloved hand under remaining glove at wrist and peel off another gloves.</i> <i>d)Discard gloves into clinical waste (yellow bin)</i> Perform alcohol hand rub.	
3	Remove plastic apron /isolation gown. <i>a)Unfasten gown ties</i> <i>b)Pull gown away from neck and shoulder, touching inside of gown only</i> <i>c)Turn gown inside out</i> <i>d)Fold or roll into a bundle and discard into clinical waste (yellow bin)</i> Perform alcohol hand rub.	
4	Remove face shield / goggles. <i>a)Remove from behind by lifting head band or ear pieces</i> <i>b)Discard into clinical waste (yellow bin)</i> <i>c)If reusable, place in the designated receptacle for reprocessing</i> Perform alcohol hand rub.	
5	Remove N95 mask. <i>a)Remove from behind</i> <i>b)Grasp bottom elastics of the respirator, then the top elastics</i> <i>c)Remove without touching the front</i> <i>d)Discard mask into clinical waste (yellow bin)</i> Perform alcohol hand rub.	
6	Wash hand with soap and water	