



GOVERNMENT INSTITUTE OF MEDICAL SCIENCES

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STRATEGIES TO PREVENT INFECTION TO HEALTHCARE PERSONNEL

DO's

1. Healthcare workers must be supported as they are the frontline workers of the struggle against covid19
2. Training of the dedicated team (Doctors, Nurses and Paramedical staff) with reinforcement of the basic preventive knowledge and ensuring the same with hands on training at each session.
3. Making separate teams of Isolation Duty and General Hospital Duty and prevent their intermingling at the maximum possible limit.
4. Re-enforcement of Updated Protocols to be deliberated upon.
5. Keeping appropriate and specific signages and posters at each check point i.e. Triage, OPD gates, Ward entry gate, Donning area, doffing area, bedside, toilet gates and wash basin in ward, and common places. The posters should be in local and easily comprehensible language and pictographs.
6. Housekeepers and Attendants to be sensitized and re-sensitized about maintaining hygiene inside wards while ensuring their own protection.
7. All the health care providers should be given tab HCQ, 400 mg BD on day1, then 400 mg once weekly. They should maintain their HCQ intake chart from their Day 1 of duty.
8. BMW waste disposal should be strictly ensured as per the WHO guidelines. Each dustbin should be leveled with covid19 sticker.
9. The Healthcare Personnel (HCP) should be handling the patients only after donning appropriate PPE described in protocol.
10. HCP should perform hand hygiene with 7 steps using by washing with soap and water (minimum 40 seconds) or 70% alcohol-based hand rub (minimum 20 seconds).
11. Hand Hygiene should be performed before and after using bathroom, before, during and after preparing food, before and after eating /drinking, after



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coughing, blowing or sneezing, after touching garbage, after touching mask or soiled PPE.

12. Sanitizers should be put outside elevators, OPDs, screening areas, ICUs and wards

13. Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask. While in use, avoid touching the mask.

14. Remove the mask by using appropriate technique (i.e. do not touch the front but remove the lace from behind). Lower lace first then upper

15. After removal or whenever you inadvertently touch a used mask, clean hands by using an alcohol-based hand rub for 20 seconds or soap and water if visibly soiled for 40 seconds.

16. Replace masks with a new clean, dry mask as soon as they become damp/humid.

17. Discard single-use masks after each use and dispose-off them immediately upon removal.

18. For N95 respirators adequate fit check must be performed after wearing. CDC recommends the following hairstyles styles for male HCP suitable for wearing N-95 respirators.

19. The staff should be aware of the symptoms and should report to their occupational health service if they develop symptoms.

20. Inform immediately any adverse events. Do not hide. This will help other HCP from repeating the same mistakes.

21. Spent quality time with your family and friends, of course keeping social distancing / or through mobile

22. If you go home, take immediately hot water bath, put your cloths in hot water for at least 30 – 45 min.

23. Please ensure the sanitization of mobile phones, keyboard, commonly touched surfaces such as switches, chairarms, doorknobs and handles frequently

24. If you have elderly people or small children at home, avoid visiting their rooms for few days to protect them from potential exposure to infection.



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25. If you develop symptoms like cough, fever and breathlessness, immediately inform your superiors and follow the Government/ institutional protocol regarding testing, quarantine/ isolation.
26. Take light meals, less water as while you are on PPEs, you can't eat or drink. Use washroom before you go to your duty
27. Follow the advisory/ orders/ instructions by the authorities.

DONT's

1. Do not miss the Training class and briefings.
2. Do not hesitate in asking for Doubts, Protocol, Medicines and PPE kits.
3. Do not assume 100% protection just by wearing mask or PPE or both. Adhere to Guidelines.
4. Do not forget to use Hand rub or Handwash frequently.
5. Do not touch Face, Eyes, Nose, Mouth, especially during duty hours.
6. Do not hide incidences and situations having tendency to put your and your colleague's life in jeopardy.
7. Do not Physically interact too much with team members in either Active or Passive Quarantine. MAINTAIN SOCIAL DISTANCING.
8. Do not give false information about interaction with Positive cases.
9. Do not put yourself in Danger. Alert your Team and Superiors in situations of urgency.
10. Do not assume that a person/patient is negative just because they are suspected, asymptomatic or dead.
11. Do not throw Bio-Medical Waste, apart from protocol, in ambience.
12. Do not undermine other team member's work.
13. Do not go into arguments with admitted patients.
14. Do not use areas undesignated for the specific purpose. Example: Donning and Doffing areas, BMW areas, etc.
15. Do not touch masks, used PPEs in manner other than described.
16. Do not wear Metal or Jewelry under the PPE under impression of wearing PPE outside.



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17. Do not miss your weekly HCQ dose.
18. Do not hesitate in asking for Help from colleagues, seniors, administration.
19. Do not take cold water or normal Water baths. Use Warm water as far as possible.
20. Do not eat cold food and drinks.
21. Do not consume Liquor and Tobacco products.
22. Do not wash clothes worn on duty at the end of tenure. Daily hot water Wash is mandatory.
23. Do not spread false information to patient about their health.
24. Do not hide if you are feeling unwell.
25. Do not go to crowded places
26. Do not perform aerosol generating devices or procedures like Nebulization, open suction of throat or tracheostomy, intubation without protective devices



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Steps of donning PPE

(Steps may vary depending on the kit used)

Donning of the PPE must be performed in designated area.

1. Ensure taking light meal, use washroom, drink slight water prior to entering the donning area.
2. Remove home clothes, jewelry, watches, electronic etc. and wear clean hospital scrubs
3. Wash hands with soap and water
4. Wear shoe covers – tie lace in front of the shin
5. **Wear first set of gloves** – should be smaller than second pair, comfortable size, can be sterile or unsterile
6. **Gown** – wear a clean disposable non-permeable gown, arm sleeves of gown should cover the gloves at the wrists, tie the lace behind snugly without wrapping all around the waist. Decontaminate the gown if it becomes soiled. Remove gown only in designated doffing area and discard the gown before leaving patient care area
7. **Wear the N-95 respirator** – cup the mask in hand, place the lower strap behind the neck passing below ears, then place the upper strap over back of head passing above ear. Check for snug fit of mask. There should be no more than minimal air leak from sides



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8. **Wear eye piece** – adjust the strap according to required size, open the ports at upper end to prevent fogging while wearing, upper end N-95 mask should be covered by eye piece
9. **Wear the hood** – hood should lay over the gown without leaving any open space.
10. **Wear 2nd pair of the gloves** – should be of larger size than 1st pair, should cover free end of arms of gown. Change gloves if they become torn or heavily contaminated. Remove and discard gloves when leaving the patient room or care area, and immediately perform hand hygiene
11. **Gown fitness check:** Take help of companion for fitness check.

Steps of doffing PPE:

- **Doffing is even more important than donning. Please ensure not to touch any exposed area (Infected area)**
- **Doffing to be performed only in the designated area**
- **Check for any leak or soiling in PPE before doffing.** If any, *disinfect* the area before doffing.
- ***Doffing room should have two chairs, one labelled “dirty” and the other “clean”.***
- All the PPE must be discarded as per routine protocol for handling biomedical waste dustbin, which should be marked with Covid 19.
- **Hand hygiene MUST be performed after every step.**



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Steps

1. Disinfect the hands wearing gloves by following hand hygiene procedure.
2. Remove shoe covers only by touching the outer surface, and perform hand hygiene.
3. Remove outer gloves and perform hand hygiene.
4. Remove hood and perform hand hygiene.
5. Remove gown slowly by holding the gown at the waist and pulling. Without touching the outer surface, remove with a rolling inside out technique. Perform hand hygiene again.
6. Remove eye piece by holding the straps, and perform hand hygiene.
7. Remove inner gloves and perform hand hygiene.
8. Wear another pair of sterile /unsterile gloves.
9. Remove mask – Do not touch exposed surface of mask. First remove lower strap of mask, remove mask holding upper strap in a slow and steady pace (as to not generate aerosols)
10. Perform hand hygiene
11. Sit over clean chair and clean your shoes with alcohol swabs
12. Remove last pair of gloves and perform hand hygiene
13. If any leak is found in PPE while caring for infected patients, caring HCPs should self-quarantine.
14. After doffing, the HCP should walk through the designated area and go to active quarantine

Hands should be washed with soap and water/alcohol-based hand rub immediately after each piece of PPE is removed.