







Kaiser Permanente Regional Guidelines

Protect Yourself and Your Patient

ACTION	SITUATION	ACTION	SITUATION
	<p>Hand Hygiene with alcohol degermer or soap and water:</p> <ul style="list-style-type: none"> • Before and after patient contact • Immediately after removing gloves; <u>before and after removing masks/respirator</u> • After contact with patient's equipment and environment • After contact with respiratory secretions or other bodily fluids • Avoid touching your face 		<p>Gloves and Gown:</p> <ul style="list-style-type: none"> • Put on gloves for direct patient contact or contact with the environment • Put on gown prior to any activity that may require direct contact with the patient and the patient's equipment or environment.
<p>N95 Masks</p> 	<p>N95 or PAPR Respirator:</p> <ul style="list-style-type: none"> • Direct patient care for patients suspected or confirmed with Tuberculosis • Entering the room of patient suspected or confirmed with Tuberculosis • Any aerosol-generating activities, (e.g., collection of clinical specimens, endotracheal intubation, nebulizer treatment, bronchoscopy, and emergency resuscitation) • <u>Remove mask by grasping straps</u>; avoid touching the face, degerm hands 		<p>Eye Protection:</p> <ul style="list-style-type: none"> • Wear eye protection when providing care to coughing patient or in aerosol-generating activities (e.g. collecting specimens, endotracheal intubation, nebulizer treatment, bronchoscopy, or emergency resuscitation) to prevent eye exposure • Eye glasses are <u>NOT</u> PPE
<p>Standard Surgical Masks</p> 	<p>Standard Ear-loop or Surgical Masks:</p> <ul style="list-style-type: none"> • Ensure patients with acute respiratory illness are separated from other patients in waiting areas and are offered surgical masks, tissues, and hand hygiene degermer • All patient care staff should follow Droplet Precaution protective measures (surgical mask, eye protection, gown, and gloves) when coming within 3 feet of a patient with respiratory illness 		<p>Environmental Cleaning:</p> <ul style="list-style-type: none"> • Disinfect Surfaces – Wipe equipment and surfaces frequently with Asepti wipes to prevent contamination with respiratory secretions • Use hospital approved disinfectant for routine cleaning, pay attention to high touch surfaces • Refer to EVS/IC policy

Always protect your face.

Do not touch your face without cleaning your hands when away from work.

Recommend carrying alcohol degermer and cleaning hands frequently.

CDC Website – CDC.gov 8-09