



Personal Protective Equipment (PPE) for Caregivers —during the COVID-19 pandemic—



Last updated | April 6, 2020

What PPE Should Caregiver Wear

Care Recipient Health Status

Health Status	Precaution Class	Gloves	Mask	Goggles	Gown
Healthy	!	Yes	Cloth Face Mask	Not Required	Not Required
Respiratory Illness (e.g. coughing)	! 🔥 🧤	Yes	Face Mask*	Yes	Optional**
Quarantined (e.g. had exposure to someone diagnosed with COVID-19)	! 🔥 🧤	Yes	Face Mask*	Yes	Optional**
Diagnosed COVID-19	! 🔥 🧤	Yes	Face Mask*	Yes	Optional**
During and after nebulizer/intubation treatment	! 🔥 🧤	Yes	N95 Face Mask*	Yes	Yes

! = Standard Precautions

🔥 = Transmission Based: Droplet Precautions

🧤 = Transmission Based: Contact Precautions

*Ask Care Recipient to wear a Face Mask, in addition to Caregiver

**[LA County Public Health](#) recommends home care workers consider using a gown if they are planning to perform a task that will result in splashing, like bathing.

PPE Alternatives

- These alternatives are last resort. Only use if the proper PPE is not required.
- Must clean and disinfect after each use. If you use and remove, do not put back on without cleaning and disinfecting
 - Gloves Alternative: Kitchen or Garden Gloves
 - [Mask Alternative](#): Scarf, Bandana, or Cloth
 - Goggles Alternative: Safety Glasses or Swim Goggles
 - Gown Alternative: Plastic Apron or Plastic Garbage Bags

PPE Posters to Print and Post

[Droplet Precautions](#)

[Contact Precautions](#)

Top Tips and Hand Hygiene

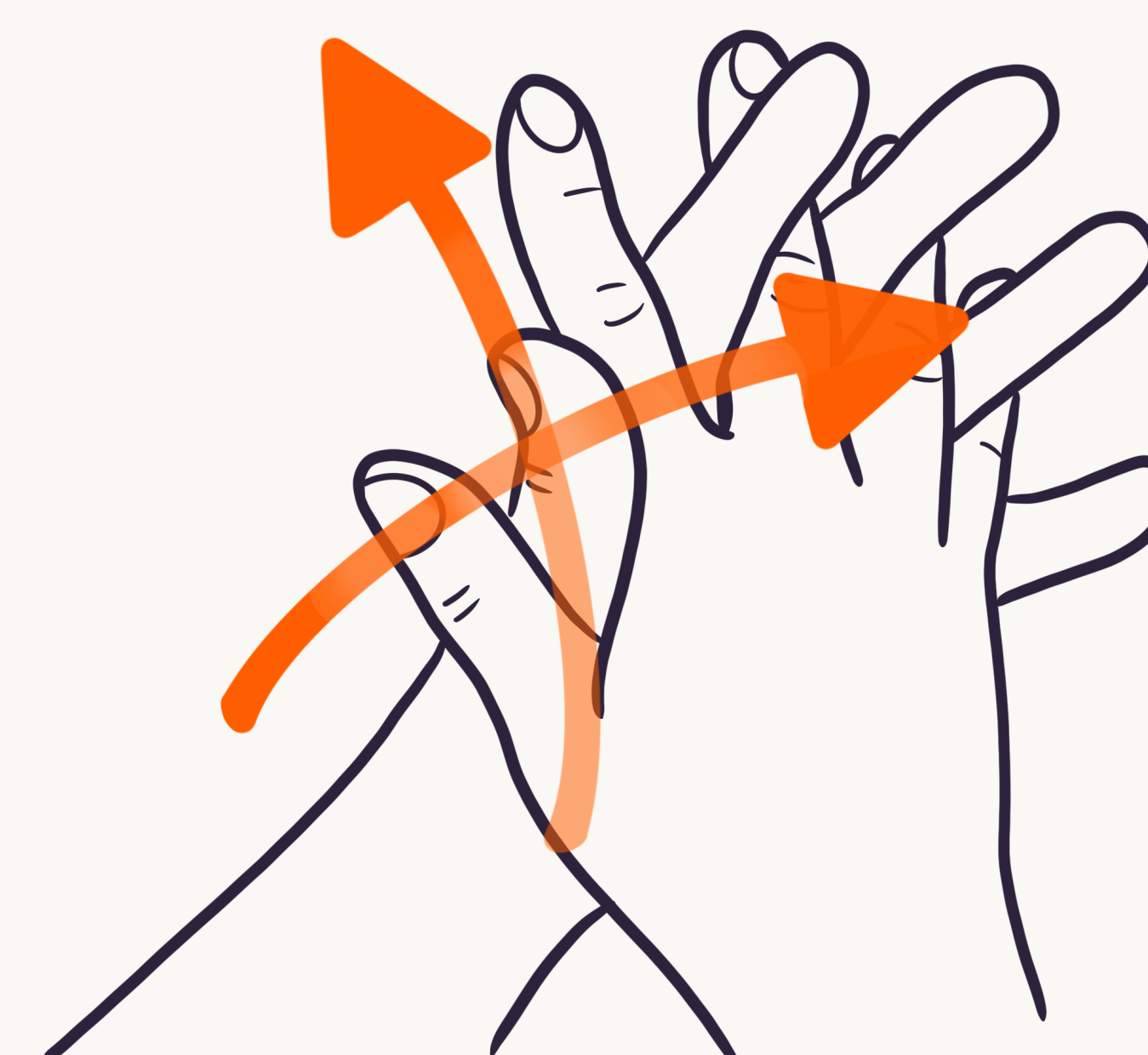
Top 5 Caregiver COVID-19 Tips

- #1 Clean hands and short nails
- #2 Surfaces cleaned and disinfected
- #3 Cover your coughs and sneezes
- #4 Don't touch your face
- #5 Practice social distancing - 6 feet!



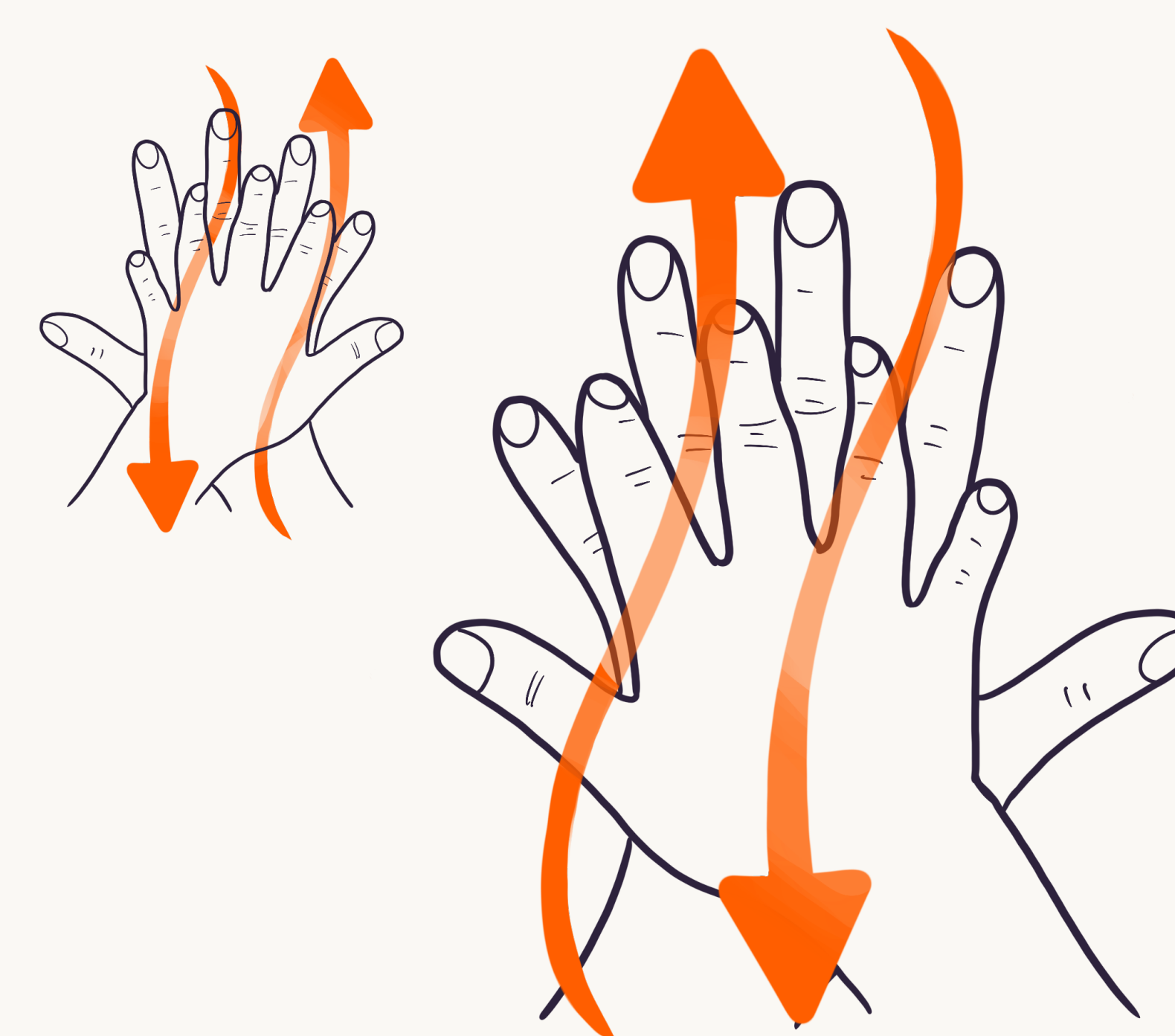
Help the Person You are Caring for Stay Safe

- Help keep hands clean
 - Before/after they eat
 - After they use the bathroom
 - Before/After they perform any personal care
 - After they cough, sneeze, blow their nose
 - After they touch surfaces that others have used
- Encourage to stay home if 65+ or at risk with heart, lung disease, asthma
- Avoid any visits and absolutely avoid visits from young children (e.g. grandchildren)



When to Perform

- Before/After Work
- Before/After eating and drinking
- After going to bathroom
- Before/After providing care
- Before/After preparing food for care recipient
- Before/After using PPE
- When in doubt, clean your hands!



How to Perform

- Use soap and water and scrub for 20 seconds to kill coronavirus (COVID-19)
- Use paper towel or tissue to turn off sink lever, open door—otherwise you re-contaminate your hands
- Use alcohol based sanitizer as an alternative to soap and water
- Use same hand rubbing technique. Rub hands together until sanitizer has dried on hands

