

Types of Personal Protective Equipment (PPE)

PPE is worn to create a special barrier between the wearer and germs. It protects both healthcare providers and clients from infections. Here is a list of PPE you *could* see at CMHA Durham:

Gloves protect hands from germs and helps reduce the spread of germs from person to person.



Gowns protect the worker from the potential spray of bodily fluids.



Masks stop the spread of germs from the mouth/nose. They can also protect someone from breathing in someone else's germs through their nose and mouth.



Goggles protect the eyes from the potential spray of bodily fluids.

Remember,

it's okay to ask your healthcare provider if they washed their hands before seeing you. Stay involved in your healthcare!

Where can I clean my hands at CMHA Durham?

- ✓ Hand sanitizers are located outside each elevator.
- ✓ "Self-screening" stations containing hand sanitizers and masks are located at the entrance to the building and the clinic.
- ✓ Hand sanitizers are located throughout each floor.
- ✓ Washrooms can be found on every floor.



**Canadian Mental Health Association
Durham**

Helping people move **forward**



Infection Prevention and Control

A Client and Family Guide





Hand Washing vs. Hand Sanitizer



Using hand sanitizers should be the chosen method when removing germs from your hands as they work faster and are gentler on your skin. The only time washing with soap and water is necessary is when your hands are **visibly dirty** and **after using the washroom**.

When Do I Need to Clean My Hands?

- ✓ Before and after contact with a sick person (or when you are sick!)
- ✓ Before preparing, handling, serving and eating food
- ✓ Before and after handling your medications
- ✓ After using the toilet
- ✓ After coughing, sneezing, etc.
- ✓ Before playing with your kids



How to...

Wash Your Hands

1. Wet hands.
2. Apply liquid soap.
3. Scrub palms, back of hands, between fingers, thumbs and around fingernails for at least 15 seconds.
4. Rinse.
5. Paper towel dry
6. Turn off taps and open door with paper towel.
7. Discard paper towel.



Clean with Hand Sanitizer

1. Apply 1-2 pumps of hand sanitizer to hands.
2. Spread hand sanitizer over all surfaces of hands (palms, backs of hands, between fingers, thumbs and around fingernails).
3. Continue to rub hands together until dry (at least 15 seconds).

Cough Etiquette

Cough etiquette involves practices that work to contain germs, infections, or diseases from being sprayed out into the environment and/or onto other people. A critical time to practice cough etiquette is when you are **sick**!



Steps



1. Cover your mouth **AND** nose with a tissue when coughing or sneezing.
 - If you do not have a tissue handy, cough into the middle of your sleeve near your elbow, **NOT** into your hands.
2. Throw out the used tissue immediately into a wastebasket.
3. Wash your hands (either hand sanitizer or hand washing).

Cover your cough!