



## EHI IPA COVID-19 Guidance\*

### COVID-19 Guidance Goals:

1. Reduce morbidity and mortality
2. Minimize disease transmission
3. Protect healthcare personnel
4. Preserve and sustain our healthcare system

### Four Actions to Take Now:

1. Educate your staff on:
  - How it spreads
  - Clinical management
  - Infection prevention and control
2. Minimize or eliminate face to face in-office visits. Alternatives include:
  - Televisits (through eClinical Works or other vehicles)
  - HMSA Online Care
  - Phone triage/Nurse advice phone lines
  - Facetime Visits; Video conferencing
3. Optimize personal protective equipment supplies
  - Reschedule non-urgent visits to preserve PPE supply
4. Safely triage and manage patients with respiratory illness, including COVID-19
  - Ask symptomatic patients to call in advance.
  - Segregate ill patients by having them wait outside or in their car.
  - Have proper PPE in place to protect your staff.
  - Ensure your clinic has proper infection control practices in place.

\*These guidelines were written for EHI IPA and reviewed by Lynda Dolan MD, President and Craig Shikuma, MD, Medical Director based on the CDC guidelines referenced below. The CDC link below contains detailed information to help you create an action plan for your own clinic.

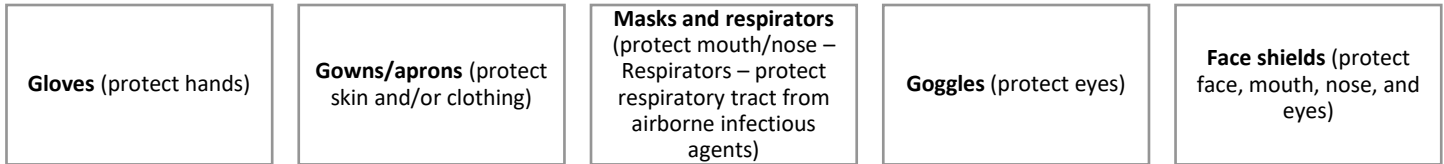
Source CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/guidance-hcf.html>

## CDC Guidelines: How to safely don and remove PPE

Personal Protective Equipment Definition “specialized clothing or equipment worn by an employee for protection against infectious materials”

### Types of PPE Used in Healthcare Settings



### Sequence for Donning PPE:

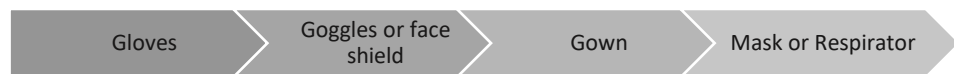


<b>How to Don a Gown</b> <ul style="list-style-type: none"> <li>Select appropriate type and size</li> <li>Opening is in the back</li> <li>Secure at neck and waist</li> </ul>	<b>How to Don a Mask</b> <ul style="list-style-type: none"> <li>Place over nose, mouth and chin</li> <li>Fit flexible nose piece over nose bridge</li> <li>Secure on head with ties or elastic</li> <li>Adjust to fit</li> </ul>
<b>How to Don a Particulate Respirator</b> <ul style="list-style-type: none"> <li>Select a fit tested respirator</li> <li>Place over nose, mouth and chin</li> <li>Fit flexible nose piece over nose bridge</li> <li>Secure on head with elastic</li> <li>Adjust to fit</li> <li>Perform a fit check – Inhale – respirator should collapse – Exhale – check for leakage around face</li> </ul>	<b>How to Don Gloves</b> <ul style="list-style-type: none"> <li>Don gloves last</li> <li>Select correct type and size</li> <li>Insert hands into gloves</li> <li>Extend gloves over gown cuffs</li> </ul>

### How to Safely Use PPE

- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Limit surfaces/items touched
- Remove PPE before leaving patient room
- Remove respirator outside room
- Remove gloves if they become torn; perform hand hygiene before donning new gloves

### Sequence for Removing PPE



<b>How to Remove Gloves (1)</b> <ul style="list-style-type: none"> <li>Grasp outside edge near wrist</li> <li>Peel away from hand, turning glove inside-out</li> <li>Hold in opposite gloved hand</li> </ul>	<b>How to Remove Gloves (2)</b> <ul style="list-style-type: none"> <li>Slide ungloved finger under the wrist of the remaining glove</li> <li>Peel off from inside, creating a bag for both gloves</li> <li>Discard</li> </ul>
<b>Removing Gown</b> <ul style="list-style-type: none"> <li>Unfasten ties</li> <li>Peel gown away from neck and shoulder</li> <li>Turn contaminated outside toward the inside</li> <li>Fold or roll into a bundle</li> <li>Discard</li> </ul>	<b>Removing a Mask/Respirator</b> <ul style="list-style-type: none"> <li>Untie/Lift the bottom, then top, tie/elastic</li> <li>Remove from face</li> <li>Discard</li> </ul>
<b>Hand Hygiene</b> <ul style="list-style-type: none"> <li>Perform hand hygiene immediately after removing PPE</li> <li>Wash hands with soap and water or use an alcohol-based hand rub</li> </ul>	<i>Health Care Providers should perform hand hygiene before and after all patient contact by using ABHR with 60-95% alcohol or washing hands with soap and water for at least 20 seconds. If hands are visibly soiled, use soap and water before returning to ABHR.</i>