

## The Family Resource Network Guide for Use of PPE

All staff must call the family and/or participate prior to reporting for hours to confirm that no one is sick, experiencing symptoms and/or tested positive or was recently exposed. Any cancellations due to illness need to be documented and reported to your supervisor.

### **Masks**

Masks can be cleaned and reused up to 5 times in the same home. Masks are limited so cleaning and reuse is important. They should be stored in a brown paper bags and labeled for reuse.

### **Mask Decontamination Methods**

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/decontamination-reuse-respirators.html>

<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

Vaporous hydrogen peroxide, ultraviolet germicidal irradiation, and moist heat are the most 'promising' decontamination methods. These methods do not appear to break down filtration; however, these methods can only be used for limited times.

Hand Sanitizer disinfecting- letting the mask sit for 24 hours before rewear: <https://www.youtube.com/watch?v=AIHcOVCFEkg>

### **Gloves**

Gloves should be used for an estimated 5-hour time frame and thrown away after each visit and/or purpose. The purpose of glove use will vary based on roles so frequency of throwing them away should be adjusted accordingly.

### **Hand Sanitizer & Washing Hands**

1. How do I wash my hands properly?

To eliminate all traces of the virus on your hands, a quick scrub and a rinse won't cut it. Below is a step-by-step process for effective handwashing.

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands
- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel

## 2. How long should I wash my hands for?

You should wash your hands for at least 20-30 seconds. An easy way to time it is by singing the full happy birthday song, twice.

The same goes for hand sanitizer: use a sanitizer that contains at least 60% alcohol and rub it into your hands for at least 20 seconds to ensure full coverage.

## 3. When should I wash my hands?

In the context of COVID-19 prevention, you should make sure to wash your hands at the following times:

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, markets and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating

In general, you should always wash your hands at the following times:

- After using the toilet
- Before and after eating
- After handling garbage
- After touching animals and pets
- After changing babies' diapers or helping children use the toilet
- When your hands are visibly dirty

## 4. How can I help someone wash his or her hands?

Here are some ways you can help children wash their hands by making handwashing easier and fun for them:

## 5. Do I need to use warm water to wash my hands?

No, you can use any temperature of water to wash your hands. Cold water and warm water are equally effective at killing germs and viruses – as long as you use soap!

## 6. Do I need to dry my hands with a towel?

Germs spread more easily from wet skin than from dry skin, so drying your hands completely is an important step. Paper towels or clean cloths are the most effective way to remove germs without spreading them to other surfaces.

## 7. Which is better: washing your hands or using hand sanitizer?

In general, both handwashing with soap and water and hand sanitizer, when practiced/used correctly, are highly effective at killing most germs and pathogens. Hand sanitizer is often more convenient when you are outside of the home, but can be expensive or difficult to find in emergency contexts. Also, alcohol-based hand sanitizer kills the coronavirus, but it does not kill all kinds of bacteria and viruses. For example, it is relatively ineffective against the norovirus and rotavirus.

## 8. What if I don't have soap?

Using chlorinated water or hand sanitizer that contains at least 60 per cent alcohol are the best second options if you do not have soap and running water. In cases where these are not available, using soapy water or ash may help remove bacteria, though not as effectively. If these methods are used, it is important to wash your hands as soon as possible when you do have access to handwashing facilities, and avoid contact with people and surfaces in the meantime.

## 9. How else can I help stop the spread of the coronavirus?

- Use proper sneezing and coughing etiquette: Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing, dispose of used tissue immediately, and wash your hands
- Avoid touching your face (mouth, nose, eyes)
- Practice social distancing: Avoiding shaking hands, hugging or kissing people, sharing food, utensils, cups and towels
- Avoid close contact with anyone who has cold or flu-like symptoms
- Seek medical care early if you or your child has a fever, cough or difficulty breathing
- Clean surfaces that might have come in touch with the virus, and generally clean surfaces more frequently (especially in public spaces)