

# PPE and Hand Hygiene for Point Prevalence Survey (PPS)

## COVID-19 PPS TOOLKIT FOR LONG-TERM CARE FACILITIES

### Personal Protective Equipment (PPE)

Swabbers and Swabbing Assistants who interact with residents for specimen collection should adhere to Transmission-based Precautions and should assume that every resident is infectious.

As per CDC guidance, health care personnel collecting specimens from, or standing within 6 feet of, people suspected to have COVID-19 should practice appropriate infection control and use recommended personal protective equipment (PPE) when collecting specimens.

All staff in a health care facility should practice universal masking with medical-grade face masks and universal eye protection (e.g., face shield, goggles).

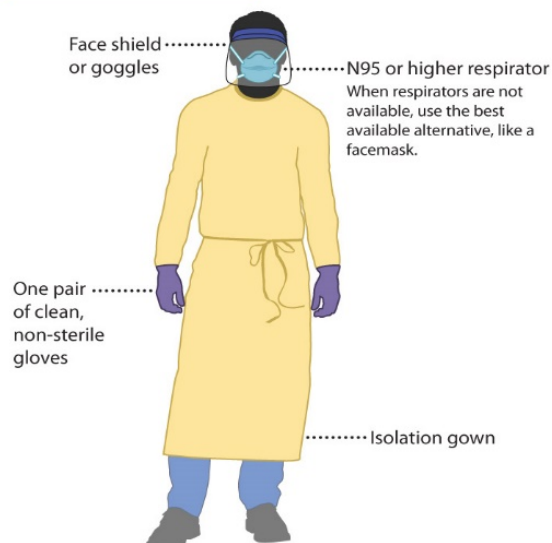
### PPE for testing team involved in specimen collection

The Swabber, Assistant, and Testing Manager should wear a N95 respirator or medical-grade face mask (if respirator not available), face shield, gown, and gloves during specimen collection.

- The same face mask or N95 respirator and face shield can be worn while collecting specimens from multiple people.
- If there are sufficient supplies of re-usable gowns, a clean gown can be donned upon entry into each resident room. If there is insufficient supply, and no resident care is being provided beyond specimen collection, the same gown can be worn for specimen collection from multiple people.
  - If any contamination or soiling occurs on gown, face shield or face mask, those items should be doffed and discarded or decontaminated, as appropriate.
- Face masks, N95 respirators, gloves, and disposable gowns should always be discarded once contaminated (e.g., by contacting resident during specimen collection, getting coughed or sneezed on, or touching one's own mask with contaminated hands) or visibly soiled.
- If soiled, face shields can be doffed, disinfected, and donned, as long as the integrity of the equipment is maintained.
- Hand hygiene must always be observed before donning and after doffing PPE.

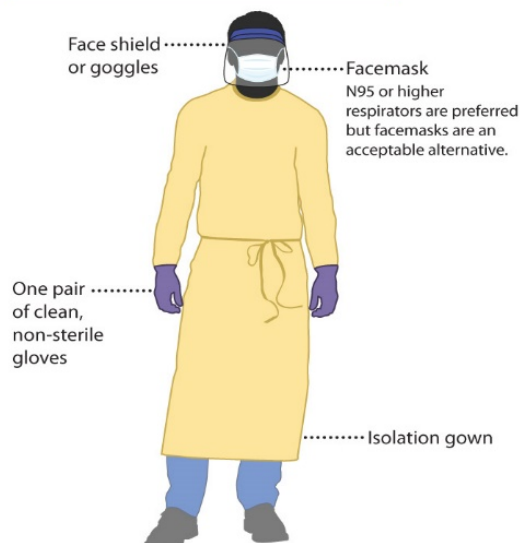
## COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

### Preferred PPE – Use N95 or Higher Respirator



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### Acceptable Alternative PPE – Use Facemask



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

CDC has COVID-19 specific guidance for the use of PPE: [CDC: Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed COVID-19 in Healthcare Settings](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html) (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>).

View videos of donning (putting on) and doffing (removing) PPE at [CDC: Using Personal Protective Equipment \(PPE\)](https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html) (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>).

## Hand Hygiene

Hand hygiene must be performed:

- Before and after any resident contact
- Before and after contact with potentially infectious material
- Before putting on PPE
- After removing PPE, including gloves

Hand hygiene after removing PPE is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process. Gloves are not a substitute for hand hygiene.

Staff should perform hand hygiene by using alcohol-based hand rub (ABHR) with 60–95% alcohol or by washing hands with soap and water for at least 20 seconds. If hands are visibly soiled, use soap and water before returning to ABHR when collecting the next specimen. Health care facilities should ensure that hand hygiene supplies are readily available to all personnel in every care location.

Long-term care facilities can compare their hand hygiene practices to best practices using the [MDH: Hand Hygiene Assessment \(PDF\)](https://www.health.state.mn.us/diseases/cdiff/hcp/ltctoolkit/handself.pdf) (<https://www.health.state.mn.us/diseases/cdiff/hcp/ltctoolkit/handself.pdf>).

Hand hygiene is one of the best ways to prevent COVID-19 transmission. Find handwashing guidelines and best practices at [MDH: Hand Hygiene for Health Professionals](https://www.health.state.mn.us/people/handhygiene/hcp/index.html) (<https://www.health.state.mn.us/people/handhygiene/hcp/index.html>).

Display posters and materials to remind residents and staff to wash their hands: [MDH: Hand Hygiene Print Materials](https://www.health.state.mn.us/people/handhygiene/materials.html) (<https://www.health.state.mn.us/people/handhygiene/materials.html>).



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Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

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