

Personal protective equipment for confirmed or suspected Covid-19 infection

Use your workwear, comprised of work trousers and a short-sleeve top. Sanitise your hands before and after contact with the infected person.



Before contact from a distance

When you can keep a distance of at least 2 metres, no PPE is necessary. Wear the appropriate clothing and follow basic hygiene procedures.

- Wear hair/beard/headscarf up
- Wash hands if dirty
- No jewellery or wristwatches
- Short, clean fingernails
- Skin free from sores and cracks
- Sanitise your hands



Before close contact – risk of splashing

When you need to get close to a person and there is a risk of droplet transmission, PPE must be used.

- **Full-face visor** – personal
- **Face mask class IIR**
- **Plastic apron** – long-sleeve if risk of extensive soiling
- **Gloves** – if contact with bodily fluids and chemicals
- **Shoe covers** – if helping someone in their home





After contact from a distance

Sanitise your hands thoroughly.



After close contact – risk of splashing

- 1 Remove gloves, place in waste bag.
- 2 Sanitise hands and forearms.
- 3 Remove plastic apron by loosening behind neck and back (do not pull over head), roll up with outside facing in and place in waste bag.
- 4 Sanitise hands and forearms.
- 5 Remove visor and place on disinfected, cleanable surface.
- 6 Sanitise hands and forearms.
- 7 Remove your face mask and place in waste bag.
- 8 Sanitise hands and forearms.
- 9 Put on new gloves and, if necessary, new apron and disinfect visor.
- 10 Remove gloves and apron, place together with used paper in waste bag.
- 11 Throw waste bag in waste container.
- 12 Sanitise hands and forearms.

