



# HOW TO PREVENT CROSS-CONTAMINATION WHILE USING GLOVES



**CORONAVIRUS**  
2019-nCoV





## Wearing and Removing Personal Protective Equipment (PPE)

<https://www.ecdc.europa.eu/sites/default/files/documents/COVID-19-guidance-wearing-and-removing-personal-protective-equipment-healthcare-settings-updated.pdf>

# Preventing Cross Contamination

- Wash hands before and after wearing gloves
- Don't touch your face with gloves on
- Don't touch your phone with gloves on
- Remove gloves inside out and throw away in trash
- Wash/sanitize hands
- Dispose of disposable face masks/ wash cloth masks
- Sanitize phone



# Wearing Face Mask

**Figure 6. Wearing of a FFP (class 2 or 3) respirator**



The metal nose clip needs to be adjusted (Figure 7) and the straps have to be tightened to have a firm and comfortable fit. If you cannot achieve a proper fit, position the straps crosswise. However, this minor modification could imply a deviation from the recommendations in the manufacturer's product manual.

**Figure 7. Fitting the respirator's metal nose clip**



If a face mask (surgical mask) is worn as substitution for a respirator (Figure 8), it is important to correctly position it on the face and adjust it with the metal nose clip (Figure 9) in order to achieve a proper fit.

**Figure 8. Wearing of a face mask (surgical mask)**



**Figure 9. Fitting the face mask's metal nose clip**





# Cloth Face Covering Do's & Don'ts:

**DO:**



**DON'T:**

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Cloth Masks

- ***Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?***
- Yes. They should be routinely washed depending on the frequency of use.
- ***How does one safely sterilize/clean a cloth face covering?***
- A washing machine should suffice in properly washing a face covering.
- ***How does one safely remove a used cloth face covering?***
- Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.



**If wearing a fabric mask, Meharry Medical president just stated to place mask in ziplock bag and heat in microwave for 2-3 minutes to sanitize after each use.**



# Removal of Mask

The respirator should be removed next. In order to remove the respirator, a finger or thumb should be placed under the straps in the back and the respirator taken off as shown in Figure 21.

The respirator (or the surgical mask) should be disposed of after removal. It is important to avoid touching the respirator with the gloves (except for the elastic straps) during its removal.

**Figure 21. Removal of respirator (steps 1 through 4)**



## Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container.  
**WASH YOUR HANDS!**

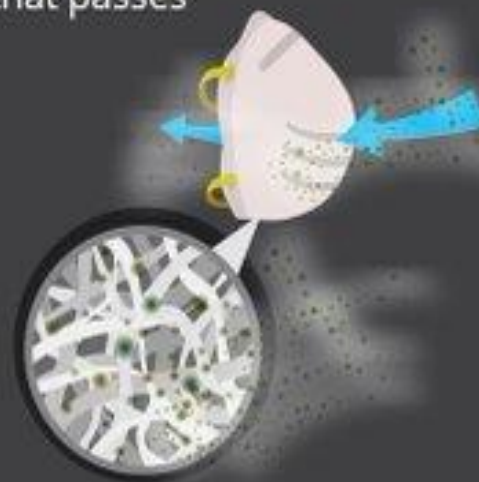
## Three Key Factors Required for a Respirator to be Effective



- ① The respirator must be put on correctly and worn during the exposure.
- ② The respirator must fit snugly against the user's face to ensure that there are no gaps between the user's skin and respirator seal.



- ③ The respirator filter must capture more than 95% of the particles from the air that passes through it.



\*If your respirator has a metal bar or a molded nose cushion, it should rest over the nose and not the chin area.



# Proper Removal of Gloves

