

# PPE Requirements for Suspect/Confirmed Viral Hemorrhagic Fever VHF (Ebola)

Infection Prevention and Control (IPC) & Workplace Health and Safety (WHS)

## PPE Requirements: VHF (Ebola)

There are two sets of personal protective equipment (PPE) donning and doffing sequences based the choice of gown or coveralls. Prior to each patient interaction a point-of-care risk assessment will be performed. Healthcare provider (HCP) VHF PPE shall be used when caring for a suspect or confirmed VHF case. Buddy PPE is only be utilized for assisting HCP and not to perform patient care.

All staff will wear hospital supplied scrubs under the PPE. Scrubs that are not visibly soiled or contaminated after PPE removal will be laundered through hospital laundry services. Visibly soiled or contaminated scrubs will be discarded in biomedical waste container.

Correct removal of PPE is particularly important to minimize the risk of self-contamination. A Buddy is required to support and assist with HCP PPE donning and doffing procedures.

Donning and doffing areas will be identified at each site, adjacent to the room identified for suspect or confirmed VHF case care.

A “contaminated” zone will be identified within the doffing area based on the room location and space configuration.

Dispose of all PPE in a biomedical waste container (with solid, wipeable sides and a closable lid) within the “contaminated zone.” As each item is removed handle gently and drop carefully into the biomedical waste container. Ensure the biomedical waste container is located within reach of the HCP and the Buddy.

For aerosol generating medical procedures (AGMPs), an N95 respirator must be used with the gown or coverall sequence.

A PPE Buddy staff member will be present to observe and assist with HCP PPE donning and doffing. The Buddy remains on the clean side while observing and helping.

Buddy PPE will be donned and doffed according to the Buddy PPE [donning](#) and [doffing](#) sequences.

The wearing of the PPE ensembles described in this guidance will result in increased heat stress and wearers can expect to perspire considerably after several minutes of working in this equipment. HCPs caring for these patients and wearing this PPE will require more break time (both in terms of frequency and duration) in order to allow for adequate rest and hydration. Caring for suspect or confirmed VHF patients while wearing the necessary PPE, and diligently adhering to the PPE doffing procedures, requires consistent concentration and careful attention to detail. Excessive fatigue can impair concentration, which can increase the risk of contamination. Fatigue should be taken into consideration when determining appropriate staffing levels for VHF patient care teams. HCP should identify when they are becoming fatigued or overheated while wearing the PPE and indicate to the Buddy that they will be exiting the room.

## HCP: For suspect or confirmed VHF (Ebola) GOWN SEQUENCE:

**Donning Sequence:** Put on PPE in this order on the clean side. See the [checklist and sequences](#) for more details.

1. Remove all jewelry and other items (stethoscopes, pagers, phones, lanyards, ID tags, etc.) and ensure hair is pulled away from the face and neck and secured.
2. Hand hygiene
3. Leg coverings
4. Hand hygiene

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5. Surgical gloves (inner gloves) will go under the cuff of the gown
6. Gown: **Buddy** ties at back
7. Mask: surgical/procedure with ear loops (N95 for AGMP)
8. Bouffant head cover
9. Full-neck hood
10. Apron: **Buddy** ties at back
11. Face shield
12. A second set of gloves over the cuff (outer gloves) (nitrile or surgical)
13. **Buddy** ensures back of gown and apron are closed and flat.

**Doffing Sequence:** Remove PPE in this order, starting on the contaminated side. See [checklist and sequences](#) for more details.

1. Remove visible soil
2. Outer Gloves
3. Apron: **Buddy** unties apron back and gently tears apart serrated neckline and **HCP** pulls apron forward and off.
4. Face shield: **HCP** removes own, by pulling gently from the back, overhead and away from face
5. Full-neck hood, **HCP** leans forward, **Buddy** pulls hood forward and off.
6. Gown: **Buddy** unties gown at back. **HCP** eases gown forward, outward and off.
7. Untie leg coverings: **HCP** reaches down to cut
8. Inner gloves
9. Hand hygiene
10. Put on clean gloves.
11. Leg Coverings:
  - a. **HCP** standing: cuts top elastic at front of each leg covering.
  - b. Discard scissors in sharps container
  - c. With gloved hands inside leg coverings, roll each leg cover down, turning inside out to ankle.
  - d. **HCP** sits: **Do not cross your legs**. Crossing legs will cause contamination of your clothes.
  - e. **HCP** removes over foot or **Buddy** pulls off.
  - f. **HCP** can now move to “clean” side of anteroom, as each clean shoe/foot is uncovered
12. Gloves
13. Hand hygiene
14. Bouffant head cover: remove bouffant towards back of head.
15. Mask: remove ear loops and drop into biohazard container. Do not touch front of mask.
16. Hand hygiene

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### HCP: For suspect or confirmed VHF (Ebola) COVERALL SEQUENCE:

**Donning Sequence:** Put on PPE in this order on the clean side. See the [checklist and sequences](#) for more details.

1. Remove all jewelry and other items (stethoscopes, pagers, phones, lanyards, ID tags, etc.) and ensure hair is pulled away from the face and neck and secured.
2. Hand hygiene
3. Coveralls to shoulders
4. Shoe covers
5. Hand hygiene
6. Surgical gloves (inner gloves) will go under the cuff of the gown
7. Mask: surgical/procedure with ear loops (N95 for AGMP)
8. Bouffant head cover
9. Coveralls hood and zipper seal
10. Full-neck hood
11. Apron: **Buddy** ties at back
12. Face shield
13. A second set of gloves over the cuff (outer gloves) (nitrile or surgical)
14. **Buddy** ensures back of gown and apron are closed and flat

**Doffing Sequence:** Remove PPE in this order, starting on the contaminated side. See [checklist and sequences](#) for more details.

1. Remove visible soil
2. Outer Gloves
3. Apron: **Buddy** unties apron back and gently tears apart serrated neckline and HCP pulls apron forward and off.
4. Face shield: HCP removes own, by pulling gently from the back, over head and away from face
5. Full-neck hood, HCP leans forward, **Buddy** pulls hood forward and off.
6. Coveralls:
  - a. **Buddy** unsticks and unzips coveralls. **Buddy** removes gloves, performs hand hygiene and dons new gloves.
  - b. **Buddy**, standing behind **HCP**, grasps and rolls down coverall hood.
  - c. **Buddy** rolls coveralls off **HCP** shoulders, then down to the ankles.
  - d. **HCP** sits: **Do not cross your legs**. Crossing legs will cause contamination of your clothes.
  - e. **HCP** removes coveralls over foot or **Buddy** pulls off (shoe covers come off too)
  - f. **HCP** can now move to “clean” side of anteroom, as each clean shoe/foot is uncovered
7. Inner gloves

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8. Hand hygiene
9. Bouffant head cover: remove bouffant towards back of head
10. Mask: remove ear loops and drop into biohazard container. Do not touch front of mask.
11. Hand Hygiene

### BUDDY: Not for patient care

**Donning Sequence:** Put on PPE in this order the on the clean side. See the [checklist and sequences](#) for more details.

1. Remove all jewelry and other items (stethoscopes, pagers, phones, lanyards, ID tags, etc.) and ensure hair is pulled away from the face and neck and secured.
2. Hand hygiene
3. Shoe covers: use chair or stool, if necessary
4. Hand hygiene
5. Gown tied in back: another person may need to help
6. Mask: surgical/procedure with ear loops
7. Bouffant head cover
8. Face shield
9. Nitrile or surgical gloves: they will go under gown cuffs

**Doffing Sequence:** Remove PPE in this order starting on the contaminated side. See the [checklist and sequences](#) for more details.

1. Remove visible soil
2. Gloves
3. Hand hygiene
4. Gown: untie the gown, another person may assist, helper must wear gloves)
5. Hand hygiene
6. Face shield: **HCP** removes own, by pulling gently from the back, overhead and away from face.
7. Hand hygiene
8. Shoe covers: use chair or stool, if necessary
9. Step into clean area
10. Hand hygiene
11. Bouffant head cover: **HCP** removes pulling backwards off of head.

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12. Mask: remove ear loops and drop into biohazard container. Do not touch front of mask.
13. Hand hygiene