



DEPARTMENT OF THE NAVY
JOINT BASE PEARL HARBOR-HICKAM
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PEARL HARBOR HI 96860-5102

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JB00
30 Mar 20

From: Commander, Joint Base Pearl Harbor-Hickam
To: Emergency Operations Center, Joint Base Pearl Harbor-Hickam
Subj: MEDICAL MANAGEMENT FOR TEMPORARY LODGING OF ACTIVE DUTY PERSONNEL ON RESTRICTION OF MOVEMENT OR ISOLATION
Ref: (a) My ltr 11010 Ser JB00/210 of 13 Mar 20
(b) CDC Interim recommendations regarding shelter characteristics for 2019 Novel Coronavirus
Encl: (1) JBPHH Isolation Memorandum
(2) JBPHH ROM Memorandum
(3) JBPHH Return to Work Memorandum
(4) CDC COVID-19 Handout
(5) CDC COVID Sick Patient Guide
(6) CDC Sequence for putting on and removing PPE
(7) COVID-19 Disinfection Guide

1. Purpose. To establish medical guidelines for the Joint Base Pearl Harbor-Hickam (JBPHH) temporary lodging facilities for Active Duty (AD) personnel who are not able to separate themselves from other AD personnel due to shared living space and/or bathrooms. This primarily applies to AD personnel living in open-bay or barracks living environments.

2. Definitions:

a. Restriction of Movement (ROM) – General DoD term referring to the limitation of personal liberty for the purpose of ensuring health, safety and welfare. ROM is inclusive of quarantine and isolation.

b. Quarantine. Medical term referring to the separation of personnel from others as a result of suspected exposure to a communicable disease. For the world-wide COVID-19 epidemic, this should be imposed on those with no COVID-19 symptoms who have either recently returned from a high-risk location (CDC THN Level 2 or 3), or have had close contact with a known COVID-19 positive patient. The current recommended quarantine period is 14 days. Per Centers for Disease Control and Prevention (CDC), quarantine generally means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

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c. Isolation – Medical term referring to the separation of personnel from others due either to the development of potential COVID-19 symptoms or as a result of a positive COVID-19 test. Per CDC, isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

d. Person Under Investigation (PUI) – In the case of COVID-19, a PUI is defined as an individual with either a pending COVID-19 test or for whom a test would have been ordered/conducted had one been available.

e. Self-monitoring – The process of individuals monitoring themselves for fever by taking their temperature twice a day and remaining alert for the onset of a cough or difficulty breathing. This is a practice that all individuals under quarantine and ROM are required to follow.

f. Close Contact – Per CDC, a close contact is defined as being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time (>10 minutes). Close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case, or having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

3. Check-in Process:

a. Submit a request to the JBPHH Commander via the EOC @ JBPHH.EOC@US.AF.MIL, 808-448-2570/2583/2757 in accordance with reference (a) for a person identified as needing ROM or Isolation by medical staff and justified by their Command.

b. Transportation to ROM/Isolation Barracks:

(1) Tenant commands are responsible for providing transportation for their personnel to the temporary lodging location. Medical staff cannot provide transportation service except for their respective command personnel.

(2) If a base vehicle is utilized, then:

(a) Individuals entering ROM status require no Personal Protective Equipment (PPE) for transportation of persons.

(b) For individuals entering isolation, the following PPE is required for transportation.

(1) Driver: Surgical mask and gloves

(2) Patient: Surgical mask

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(3) Ensure the individual entering ROM status/isolation is safely seated at the maximum possible distance apart from the driver.

(4) Thoroughly wipe down all flat surfaces of the vehicle that were in contact with the member with bleach wipes or bleach solution after use.

c. Lodging Front Desk

(1) For individuals entering ROM status, no PPE required for arrival/check-in.

(2) For individuals entering isolation PPE for arrival/check-in:

(a) Check-in staff: Surgical mask and gloves

(b) Patient: Surgical mask

(3) Ensure the maximum possible distance (a minimum of 6 feet if possible) between the member and check-in staff.

d. At arrival/check-in, front desk staff will provide the member with the appropriate check-in memorandum enclosure (1) for isolation or enclosure (2) for ROM. Immediately after check-in, the front desk staff will notify the parent command that the member has checked-in.

4. Medical Management of Temporary Lodging Facilities:

a. Daily Manning Requirement:

(1) One supervising medical provider (Physician, Nurse Practitioner, Physician Assistant, or Independent Duty Corpsman); and

(2) Three Corpsmen/Medics

b. Medical provider responsibilities

(1) 24 hour on-call for consultation from Corpsman/Medic

(2) Maintain material/forms to conduct testing for COVID-19 for ROM persons who develop symptoms consistent with COVID-19 infection in the room of patient in accordance with clinic COVID-19 sampling procedures including PPE.

(3) Determine medical management (e.g. disposition, triage, elevation of care)

(4) Screen appropriateness for discharge daily based on list provided by the corpsmen/medic. Notify corpsmen/medic of those who are cleared to be released.

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(5) Provide on-site medical management as needed

c. Corpsman/Medic responsibilities:

(1) Review status of each individual placed in isolation daily for:

(a) Overall condition and desired over-the-counter-prescriptions (OTCs)

(b) Daily temperature – twice daily

(c) Reported symptoms

(2) Delivery of OTCs to personnel in ROM and isolation, leave for pickup at each door.

(3) Address miscellaneous medical concerns for both personnel in ROM and isolation.

(4) Collect the list of personnel from JBPHH EOC Info Cell who have met the 14-day timeline for ROM and provide to the supervising provider. Once personnel are cleared by the provider, deliver a completed Return to Work Clearance form located in enclosure (3) to the Barracks Task Force for dissemination.

(5) Report any discrepancies to the supervising medical provider for further management or triage of individual.

(6) If a ROM status individual is escalated to isolation status, the Medical Management Team (MMT) will notify the ROM individual and the EOC Info Cell (808) 448-2570/3262/2583/2757, of the escalation to isolation status and impending movement to isolation lodging.

(7) Man a duty phone 24/7 to answer any medical issues or concerns – for immediate life-threatening conditions, 911 should be called and the EMS crew informed of positive COVID-19 status for persons in isolation and monitoring status for persons in ROM.

d. ROM/Isolation personnel responsibilities:

(1) Record temperature twice daily (morning/early evening using provided thermometer(s))

(2) Notify medical team of status of symptoms

(3) Remain in ROM/Isolation and keep parent command updated

e. Supplies required and recommended quantities (based on max capacity of current JBPHH lodging)

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- (1) Duty phones: 2 (Provider and HM/Medic)
- (2) Single use disposable thermometers (e.g. Tempa DOT): 8,000 individual units
- (3) Blank personal temp log: 150 copies
- (4) Pens: 120 pens
- (5) Gloves: 2,500 Medium and Large
- (6) Masks: 6,000 masks
- (7) Hand sanitizer: 240 x12oz bottles
- (8) Sanitation wipes (e.g. Clorox wipes): 60 cans
- (9) Infrared thermometer: 3 units
- (10) Material to create bleach solution

5. Shelter Requirements:

- a. Separate quarters with separate bathroom facilities for each individual.
- b. No close congregation for social or dining activities; food should be delivered to individual quarters. Service member meals will be deducted from their Basic Allowance for Subsistence (BAS).
- c. Surgical masks for individuals who are symptomatic
- d. Support services (e.g. laundry, wifi, communication capability)
- e. Secured against unauthorized access
- f. See reference (b) for further details

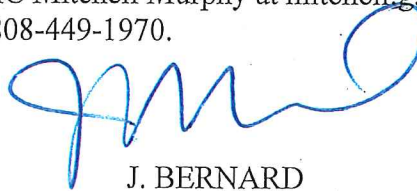
6. Additional Resources:

- a. CDC COVID-19 Handout in enclosure (4)
- b. CDC COVID Sick Patient Guide in enclosure (5)
- c. CDC Sequence for putting on and removing PPE in enclosure (6)

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d. COVID-19 Disinfection Guide in enclosure (7)

7. For any questions or concerns regarding this matter, please email the JBPHH EOC Medical Team, LCDR Albert Lee at albert.j.lee23.mil@mail.mil, LCDR Michael Syamken at michael.r.syamken.mil@mail.mil, HMC Mitchell Murphy at mitchell.g.murphy2.mil@mail.mil, or DSN: 315-449-1970/Commercial: 808-449-1970.



J. BERNARD

Dear Joint Base Pearl Harbor Hickam Service Member,

The current outbreak of 2019 Novel Coronavirus (COVID-19) which originated in China has spread to many countries globally including the United States. We are expecting more confirmed cases in the United States and in Hawaii over the next few weeks to months.

- You have been evaluated for possible COVID-19 infection based upon current symptoms such as fever, cough, and respiratory difficulty and travel to areas with COVID-19 community transmission or contact with a known COVID-19 patient. Consequently, you have been ordered to Isolation in Bldg #_____ because your home/barracks environment does not allow for separate living facilities. We recognize that Isolation will be a difficult period, however, these actions are being taken to minimize the risk of spreading COVID-19 to your workplace and the general community.
- You will be in Isolation until at least 3 days (72 hours) have passed since full recovery (no fever and no respiratory symptoms) without the use of fever-reducing medications **AND** at least 7 days have passed since the onset of any flu-like symptoms.
- The majority of persons with COVID-19 infection will experience a mild fever, cough, and a decrease in respiratory function similar to influenza or other mild respiratory diseases.
- During this period we ask that you monitor yourself for symptoms such as fever (twice per day), shortness of breath and cough. **If your symptoms significantly worsen** during this period call the **Medical Management Team Corpsmen at 808-497-2330 or Duty doc at 808-590-7727**.
- If you feel you are having a **life-threatening medical emergency**, call **9-1-1** and notify the **Barracks Task Force 808-221-8157** and Medical Management Team members if possible.
- The Medical Management team corpsmen/medic will contact you to check on your medical status twice-a-day during this period. You are asked to take and record your temperature twice daily while in Isolation.

To help minimize the spread of respiratory viruses and bacteria to your friends, family, co-workers, and the general public please follow the following:

- **Cover** your coughs and sneezes with a tissue. Throw used tissues in a lined trash can and wash your hands.
- **Clean your hands** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Stay home** except to get medical care. Do not go to work, school or public areas. Do not use public transportation, ride-sharing or taxis.
- **Separate yourself** from other people in your home. As able, stay in a separate room, use a separate bathroom, and minimize prolonged (>10 minutes) and close interaction (<6 feet) from other persons.
- **Wear a facemask.** Wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare facility.

Enclosure (1)

JBPHH Isolation Memorandum

Date: _____

From: _____ (name)

Subj: UNDERSTANDING OF ISOLATION ORDERS TO BLDG # _____

1. I have been briefed that I have been potentially exposed to COVID-19. I understand the isolation orders and to comply within the best of my abilities.

2. My contact information is:

Cell phone: _____

Alternate phone: _____

Email: _____

3. Command contact information:

Supervisor's Name: _____

Contact Number: _____

Command Front Office Number: _____

Signed, _____

For Accountability Use Only:

DoD ID #: _____

In accordance with the Privacy Act of 1974 (Public Law 93-579), the notice informs you of the purpose of the form and how it will be used. Please read it carefully.

AUTHORITY: Section 2672 of Title 10, U.S.C ; E.O. 9397 (SSAN); DODI 6200.03

PRINCIPAL PURPOSE(S): This form is to provide the Military Treatment Facility /TRICARE Health Plan with a means to request the use and/or disclosure of an individual's protected health information.

ROUTINE USE(S): To any medical provider or the individual upon authorization for the disclosure from the individual for: personal use; insurance; continued medical care; legal; or other reasons.

DISCLOSURE: Involuntary. Failure to sign the authorization form and provide the requested information will result in disciplinary action for failure to obey a lawful order.

Section 2672 of Title 10, U.S.C., which authorizes the protection of buildings, grounds, and property under DoD jurisdiction, custody, or control as well as the persons on that property.

DOD INSTRUCTION 6200.03 PUBLIC HEALTH EMERGENCY MANAGEMENT (PHEM) WITHIN THE DOD

<https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/620003p.pdf>

Dear Joint Base Pearl Harbor Hickam Service Member,

The current outbreak of the 2019 Novel Coronavirus (COVID-19) which originated in China has spread among many countries globally including the United States. We are expecting more confirmed cases in the United States and in Hawaii over the next few weeks to months.

- You have been evaluated for possible COVID-19 infection based upon close contact with a known COVID-19 case or recent travel to an area with community transmission of COVID-19. Consequently, you are being ordered to Restriction of Movement (ROM) for 14 days in Bldg # _____ because your home/barracks environment does not allow for separate living facilities. We recognize that ROM for 14 days will be a difficult period, however, these actions are being taken to minimize the risk of spreading COVID-19 to your workplace and the general community.
- The majority of persons with COVID-19 infection will experience a mild fever, cough, and a decrease in respiratory function similar to influenza or other mild respiratory diseases.
- During this 14-day period we ask that you monitor yourself for symptoms such as fever (twice per day), shortness of breath and cough. If you develop a **fever over 100.4F AND experience a significant cough or shortness of breath** during the 14-day period please call the **Medical Management Team Corpsmen at 808-497-2330 or Duty doc at 808-590-7727**.
- Your status may change from ROM to Isolation if you develop symptoms consistent with COVID-19 testing. Depending upon the severity of your symptoms you may or may not get tested for COVID-19 based upon testing availability.
- If you feel you are having a **life-threatening medical emergency**, call **9-1-1** and inform them of your possible COVID-19 status. Notify the **Barracks Task Force 808-221-8157** and Medical Management Team members if possible.
- Please arrange with your command supervisor or representative to have food, toiletries and other essential items brought to you as needed.
- The Medical Management team corpsmen/medic will NOT be making daily contact with you but are available for your medical concerns/needs. You are asked to take and record your temperature twice daily while in ROM/quarantine.

To help minimize the spread of respiratory viruses and bacteria to your friends, family, co-workers, and the general public please follow the following:

- **Cover** your coughs and sneezes with a tissue. Throw used tissues in a lined trash can and wash your hands.
- **Clean your hands often** with soap and water for at least 20 seconds or an alcohol-based hand sanitizer (min 60% alcohol), covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Stay home** except to get medical care. Do not go to work, school or public areas such as grocery stores, malls, or places of worship. Do not use public transportation, ride-sharing, or taxis.
- **Separate yourself** from other people in your home. As able, stay in a separate room, use a separate bathroom, and minimize prolonged (>10 minutes) and close interaction (<6 feet) from other persons.
- **Wear a facemask.** Wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare facility.

Enclosure (2)

JBPHH Restriction of Movement (ROM)/Quarantine Memorandum

Date: _____

From: _____ (name)

Subj: UNDERSTANDING OF RESTRICTION OF MOVEMENT ORDERS TO BLDG # _____

1. I have been briefed that I have been potentially exposed to COVID-19. I understand the Restriction Of Movement orders and intend to comply within the best of my abilities.

2. I understand my status may change to Isolation if I develop symptoms consistent with COVID-19 infection.

3. My last day of ROM will be: _____

4. My contact information is:

Cell phone:

Alternate phone:

Email:

5. Command contact information:

Supervisor's Name: _____

Contact Number: _____ Command Front Office Number: _____

Signed,

For Accountability Use Only:

DoD ID #: _____

In accordance with the Privacy Act of 1974 (Public Law 93-579), the notice informs you of the purpose of the form and how it will be used. Please read it carefully.

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<https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/620003p.pdf>

JBPHH Return to Work Memorandum

1650
Ser 00/

From: Medical Representative, Naval Medical Readiness and Training Command Pearl Harbor

Subj: RETURN TO WORK CLEARANCE CORONA VIRUS DISEASE 2019
EVALUATION

1. Applicability: Personnel who have previously tested positive for Corona Virus Disease-2019 (COVID-19) and personnel assigned to 14-day Restriction of Movement (ROM) or Isolation.
2. Protecting the health and safety of Active Duty Service Members, Department of Defense (DoD) beneficiaries, and the general population of Hawaii is a primary priority for Naval Medical Readiness and Training Command Pearl Harbor (NMRTC-PH). Our medical staff has evaluated _____ and has verified that they are cleared to return to their work site in accordance with Center for Disease Control and Prevention (CDC) recommendations. They do NOT represent a risk of infection to their coworkers or the general public.
3. Please email the Epidemiologic Team at NMRTC-PH for any further questions or concerns at the following address: usn.jbphh.navhlthclinpearlhi.list.nhch-epidemiology-team@mail.mil

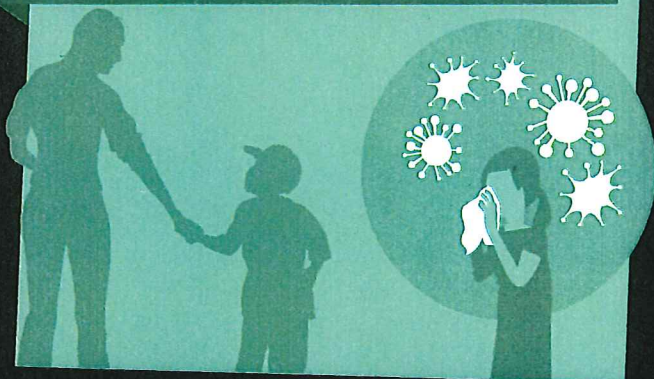
NMRTC-PH
Medical Representative

Enclosure (3)

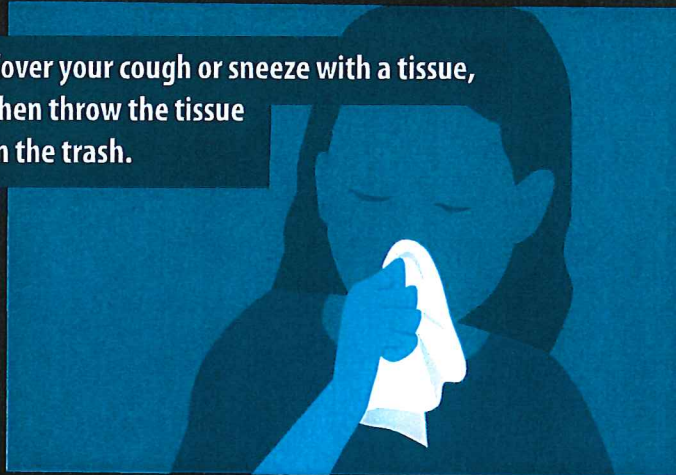
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

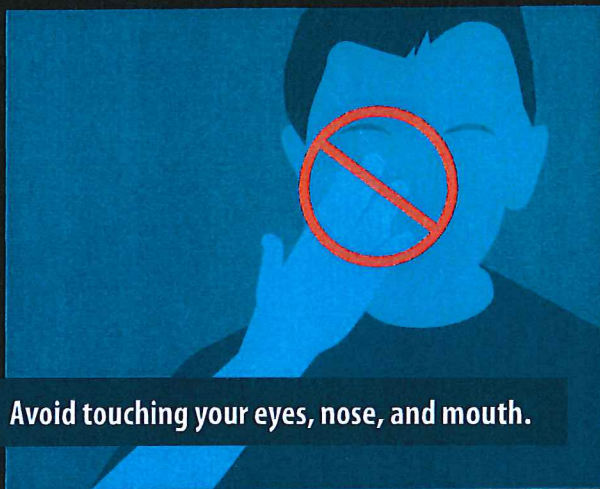
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



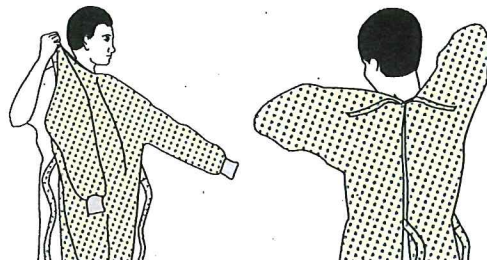
For more information: www.cdc.gov/COVID19

SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



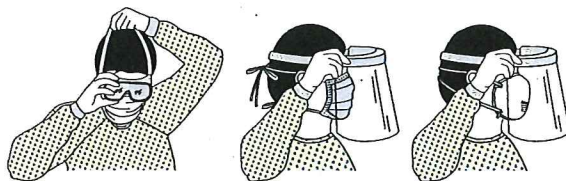
2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



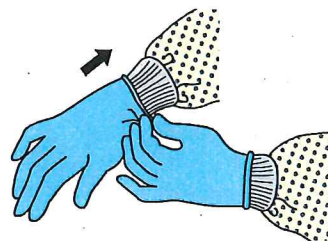
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



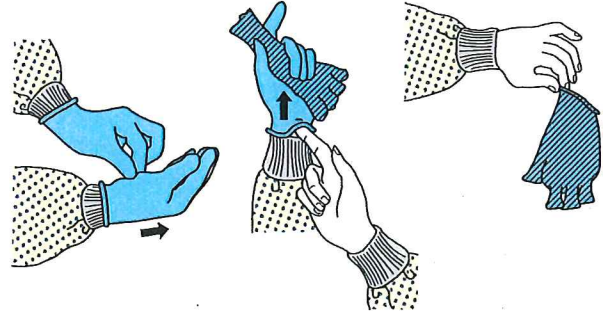
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



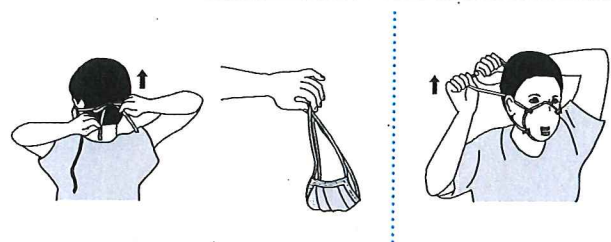
3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

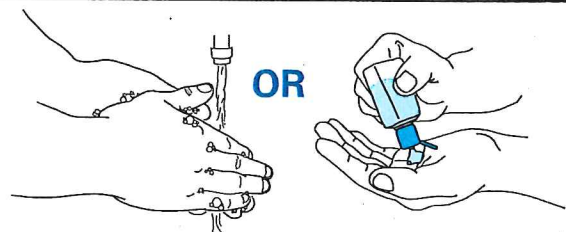


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



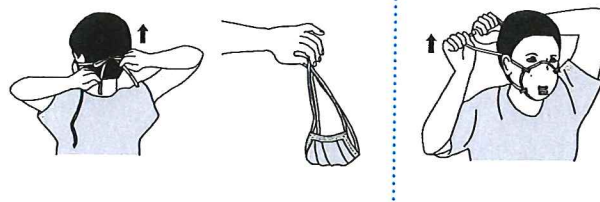
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

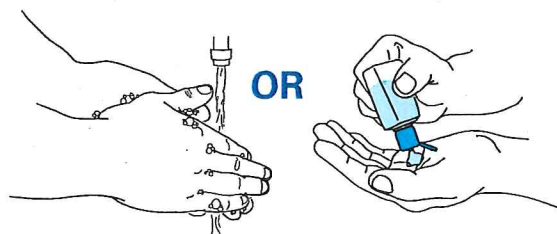


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE**

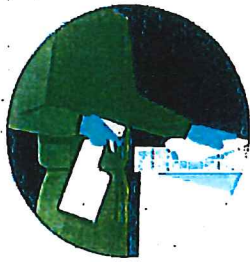


Disinfecting Your Facility with a Suspected/Confirmed COVID-19 Case



- **Close off areas** used by the sick person. Shutdown of the entire facility not always necessary; use path of infected individual(s).
- **If available, open outside doors and windows** to increase air circulation in the area. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the sick person** (according to the below guidance), such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.

When cleaning:



- **Wear disposable gloves for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash (such as gown and facemask).
 - PPE should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for at least 20 seconds.
 - Always wash immediately after removing gloves and after contact with an ill person.
 - Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to wash hands** include:
 - After blowing one's nose, coughing, or sneezing.
 - After using the restroom.
 - Before eating or preparing food.
 - After contact with animals or pets.
 - Before and after providing routine care for another person who needs assistance (e.g., a child).