How do I practice good handwashing?

Good handwashing is done by following these steps:

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Lather your hands by rubbing them together with soap.
- Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds. You can hum the "Happy Birthday" song twice to keep track of time.
- Rinse your hands well under clean running water.
- Dry your hands using a clean towel.
- Use the towel to turn off the tap.

How do I use hand sanitizers?

- Apply enough of the product to cover all surfaces of both hands.
- Rub your hands together until dry.
- Do not speed up the drying process with a paper towel. It is important to let your hands air dry for the product to kill germs.

Information contained in this pamphlet was compiled using Centers for Disease Control and Prevention fact sheets.

For further information please contact your hospital Infection Prevention department:

Beaumont Hospital, Dearborn
313-593-7657

Beaumont Hospital, Farmington Hills
947-521-8315

Beaumont Hospital, Grosse Pointe
313-473-1715

Beaumont Hospital, Royal Oak
248-551-4040

Beaumont Hospital, Taylor
313-295-5049

Beaumont Hospital, Trenton
734-671-3283

Beaumont Hospital, Troy
248-964-7144

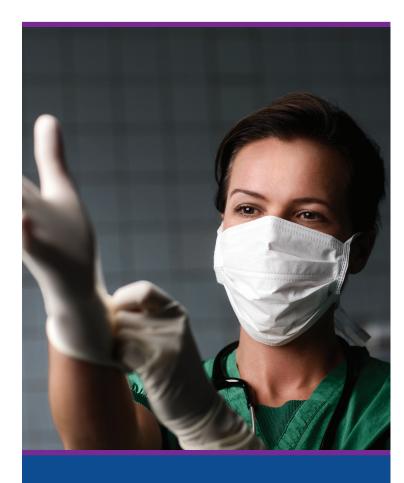Beaumont Hospital, Wayne
734-467-4497

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Infection Prevention & Epidemiology

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Beaumont

WHAT IS PERSONAL PROTECTIVE EQUIPMENT (PPE)?

Personal Protective Equipment (PPE) are items used to protect healthcare personnel, guests and other patients from certain infections. PPE used by guests may include:

- gloves – to protect hands
- gowns – to protect skin and clothing
- masks – to protect mouth and nose

When do I wear PPE?

Healthcare personnel may wear PPE while performing care tasks. Guests should wear PPE when there is a posted Precautions sign on the door or wall that instructs use of PPE, or when directed by a healthcare provider.

Why do I wear PPE?

At your home, you do not wear PPE, so you may wonder why you need it here in the hospital. Because we have so many people in our care, we have to take extra steps to keep everyone safe that wouldn't be needed at home. PPE is one of those extra steps.

How do I wear PPE?

Anyone caring for the patient can help with teaching you how to put on and remove PPE. The type of PPE you wear will depend on the precautions sign at the door.

Contact Precautions

When entering a room with a contact precautions sign:

1. Cleanse your hands with soap and water or alcohol-based hand rub.

2. Put on a gown with the opening in the back. Fasten the gown around your neck and behind your back.

3. Put on gloves, pulling the wrist of the glove over the gown sleeve.

When leaving the room:

1. Slowly remove your gloves and throw away.

2. Unfasten and remove gown in the room. Place gown in hamper. Do not save for later use. Use a clean gown each time you enter the room.

3. Cleanse your hands with soap and water or alcohol-based hand rub.

Airborne or droplet precautions

When entering a room with an airborne or droplet precautions sign:

1. Cleanse your hands with soap and water or alcohol-based hand rub.

2. Put on a mask with bendable edge on top and colored side facing out. Place side loops around each ear.

3. Fit flexible band to top of nose. Pull bottom of mask over your mouth and chin so mask is covering your nose and mouth.

When leaving the room:

1. Do not touch the front of the mask.

2. Hold both ear loops and gently lift and remove the mask. Throw the mask away.

3. Cleanse your hands with soap and water or alcohol-based hand rub

Contact precautions and airborne or droplet precautions (two signs)

When entering a room with a contact precautions and an airborne or droplet precautions sign:

1. Cleanse your hands with soap and water or alcohol-based hand rub

2. Put on a gown with the opening in the back. Fasten the gown around your neck and behind your back.

3. Put on a mask with bendable edge on top and colored side facing out. Place side loops around each ear.

4. Fit flexible band to top of nose. Pull bottom of mask over your mouth and chin so mask is covering your nose and mouth

5. Put on gloves, pulling the wrist of the glove over the gown sleeve.

When leaving the room:

1. Slowly remove your gloves and throw away in the room.

2. Unfasten and remove gown in the room. Place gown in hamper. Do not save for later use. Use a clean gown each time you enter the room.

3. Hold both ear loops and gently lift and remove the mask. Throw the mask away.

4. Cleanse your hands with soap and water or alcohol-based hand rub.

If a health care worker asks you to wear PPE, please do.

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