Top Hygiene Tips

Carla J. Alvarado, Ph.D.
Research Scientist
Center for Quality and Productivity Improvement
University of Wisconsin-Madison

calvarado@cqpi.engr.wisc.edu
"I had a little bird, 
Its name was Enza.
I opened the window, 
And in-FLU-enza.

--Children's Rhyme, 1918

[global influenza PANDEMIC of 1918, known as the "Spanish FLU"]

The first wave of the epidemic that began in the spring of that year was not characterized by exceptional mortality. However, the second wave, which peaked in September, October, and November of 1918, infected over one-third of the U.S. population and globally killed between 20 and 40 million people, more than three times the number that died during World War I. Usually, the most serious consequences of influenza infection are reserved for the elderly, but strikingly, in the case of the Spanish FLU those worst affected were in the 15 to 45 age group.
Sequence for Donning PPE

- Gown first
- Mask or respirator
- Goggles or face shield
- Gloves
How to Don a Gown

- Select appropriate type and size
- Opening is in the back
- Secure at neck and waist
- **GREAT TIP:** If gown is too small, use two gowns
  - Gown #1 ties in front
  - Gown #2 ties in back
How to Don a Mask

- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with ties or elastic
- Adjust to fit
How to Don a Particulate Respirator

- Select a fit tested respirator
- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with elastic
- Adjust to fit
- Perform a fit check –
  - Inhale – respirator should collapse
  - Exhale – check for leakage around face
How to Don Eye and Face Protection

- Position goggles over eyes and secure to the head using the ear pieces or headband
- Position face shield over face and secure on brow with headband
- Adjust to fit comfortably
How to Don Gloves

- Don gloves last
- Select correct type and size
- Insert hands into gloves
- Extend gloves over isolation gown cuffs
“Contaminated” and “Clean” Areas of PPE

- **Contaminated** – outside front
  - Areas of PPE that have or are likely to have been in contact with body sites, materials, or environmental surfaces where the infectious organism may reside

- **Clean** – inside, outside back, ties on head and back
  - Areas of PPE that are not likely to have been in contact with the infectious organism
Sequence for Removing PPE

- Gloves
- Face shield or goggles
- Gown
- Mask or respirator
Removing a Mask

- Untie the bottom, then top, tie
- Remove from face
- Discard
Removing a Particulate Respirator

- Lift the bottom elastic over your head first
- Then lift off the top elastic
- Discard
DON'T YOU EVER WASH YOUR WEAPONS BEFORE YOU USE THEM?

NO, WHY?

YOU COULD GIVE SOMEONE AN INFECTION
Disinfection

http://www.epa.gov/pesticides/factsheets/avian_flu_products.htm
QUESTIONS?

Thank you