

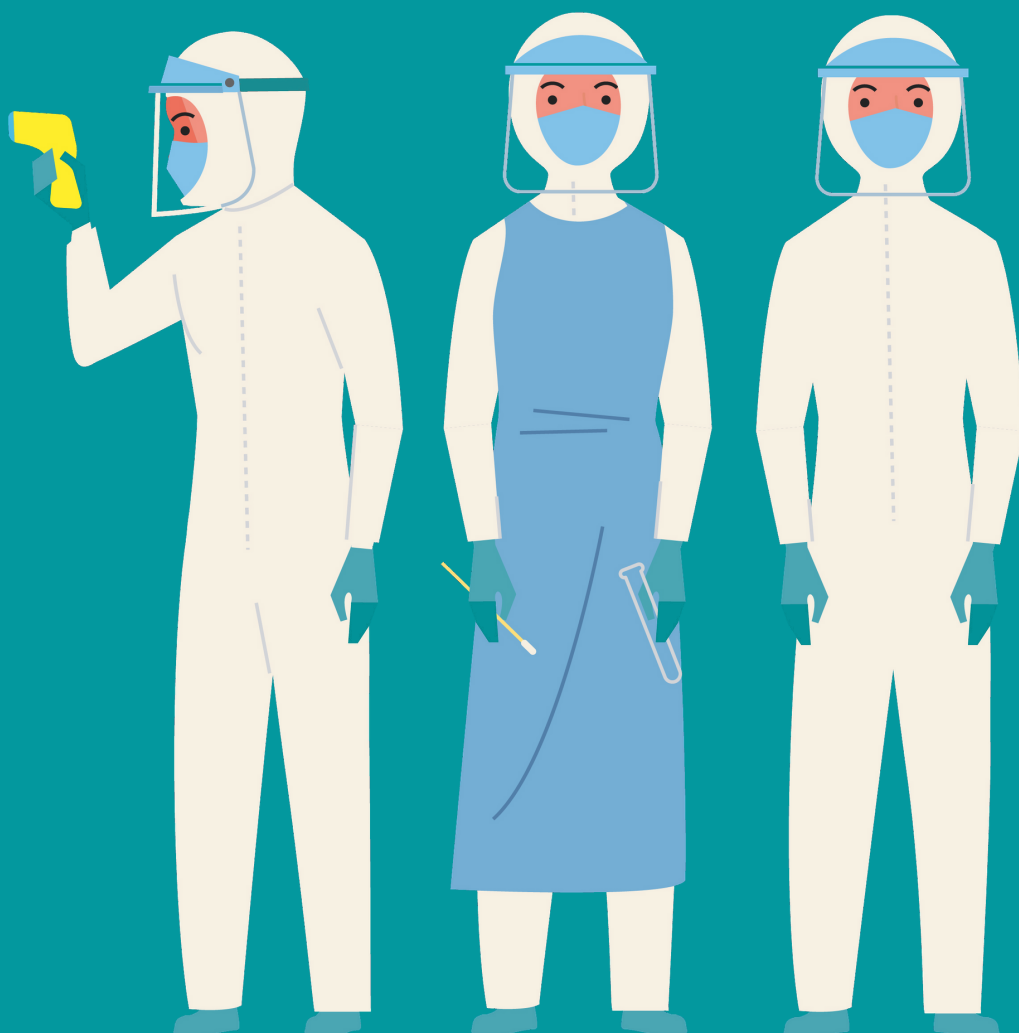


UNIVERSIDADE
FEDERAL DO CEARÁ

LISTA LIGA
SAÚDE
TRABALHO
E AMBIENTE



TRASSUS
Trabalho, Ambiente, Saúde e Subjetividades



PARAMENTATION and DISPOSING MANUAL

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1st EDITION
Fortaleza -CE
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MANUAL

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THE LEAGUE

Health, Work and Environment League (LIST) is a project linked to the Integrated Health Program of Worker, Department of Education extension Project Community Health at the Medical School (Famed) and Research Center for Work, Environment, Health and subjectivity-TRASSUS which is coordinated by the teacher. Maxmiria Holanda and the teachers Edenilo Barreira and Saulo Diogenes. One of the LIST's priority activities is to promote health education for workers through the production of materials on occupational risk and work-related health problems that are made by doctor students. As the main activity in the Covid-19 scenario, LIST has developed materials based on documents from international and national organisms in an objective and practical way so that workers from different areas can access the protocols related to the prevention of contamination. The productions involve recommendations in information s about the Personal Protective Equipment, and subjects that also include the repercussions in the world's work with the impact of the disease. In this specific manual, the protocols will be observed for paramentation and disposing.

Sincerely,

Maxmiria Holanda Batista

**Health League Coordination,
Work and Environment (LIST)**

PRESENTATION

Who work for the health's people is a fundamental component of a system of health. What about the importance of protecting health professionals in the frontline of care in the context of a pandemic? And when is this pandemic of the COVID-19, an emerging infectious disease that has victimized thousands of health professionals? It is not just the necessity to keep the strength work in a period of pandemic and tension assistance network. It is also taking care of those who take care. It is with this perception and sensitivity that the League Health, Work and Environment (LIST), Medical School gives University Federal of Ceara (FAMED / UFC), provides this educational material. With detailed and accurate information on the type of personal protective equipment (PPE) and the shape correct attire and detachment, this material should serve as a reference for training and preparation of contingency plans for units public and private assistance. The wealth of details, the didactic and even playful way of the presentation, added the scientific basis of the guidelines makes this material an only and extremely scientific production relevant. The suitable use of PPE by health professionals is a fundamental component of response to the COVID-19 pandemic. And for those who care feel and cared for.

Prof. Roberto da Justa Pires Neto

**Infectologist Medicine's Teacher -
FAMED / UFC**

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STANDARD PRECAUTION

**It Should be adopted in assisting
ALL PATIENTS,
regardless of whether infection is suspected or not.**



SANITIZATION OF HANDS



USE OF PPE, ACCORDING TO THE TYPE OF EXPOSURE:

- **FACIAL PROTECTION OR SUNGLASSES;**
- **MASK;**
- **APRON;**
- **GLOVES.**



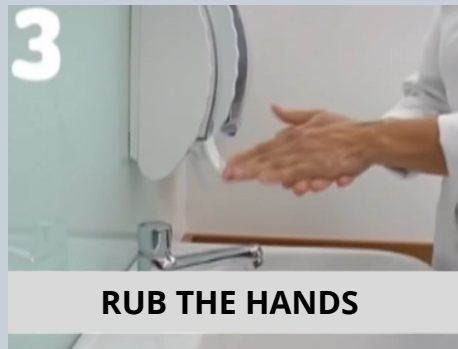
SAFE DISPOSAL OF PERFECT-CUTTING

SIMPLE SANITIZATION OF HANDS

WATER AND SOAP

**DURATION
40 TO 60 SECONDS.**

REMOVE ACCESSORIES
(RINGS, WATCHES,
BRACELETS) ONCE UNDER
THESE OBJECTS
ACCUMULATE
MICROORGANISMS NOT
REMOVED WITH HAND
WASHING.



IMAGES: ANVISA, 2011.



When hands are not visibly dirty, antiseptic rubbing with 70% alcoholic preparation (Gel or Solution) can be performed, following steps 3 to 8, for 20 - 30 seconds.

STANDARD PRECAUTION

When there is a risk of splash or contact with blood or secretions, use:

**Protective glasses
or face shield**

**Mask
surgical**

Apron

Gloves

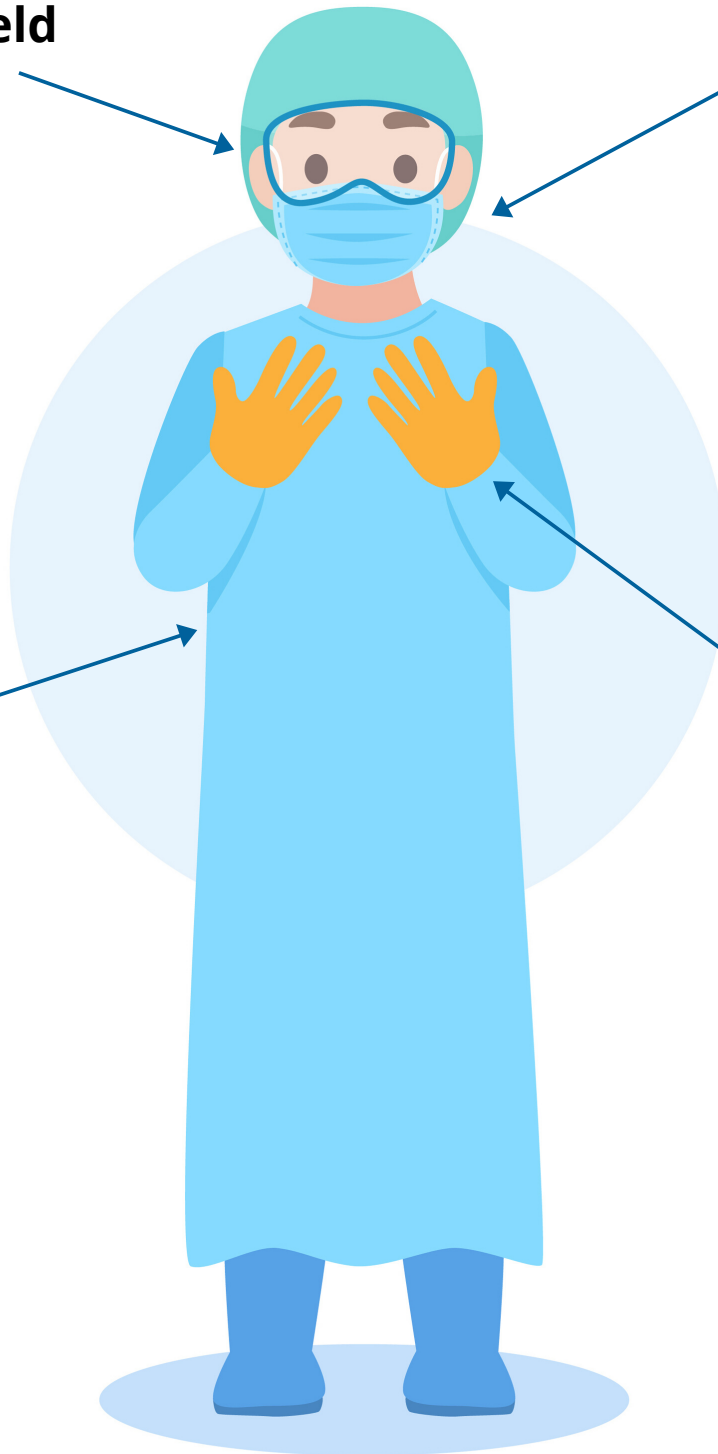


IMAGE: Getty Images,2020.

CAUTION FOR AEROSOLS

INVOLVES:

- Sanitization of hands;
- Apron;
- Procedure gloves;
- Disposable hat or cap;
- Goggles or Face Shield;
- Masks PFF2, PFF3, N95, N99, N100;
- Private room, closed door, Open windows. (Negative pressure, HEPA filter, if available)
- NOTE: The patient must wear a mask during transportation.

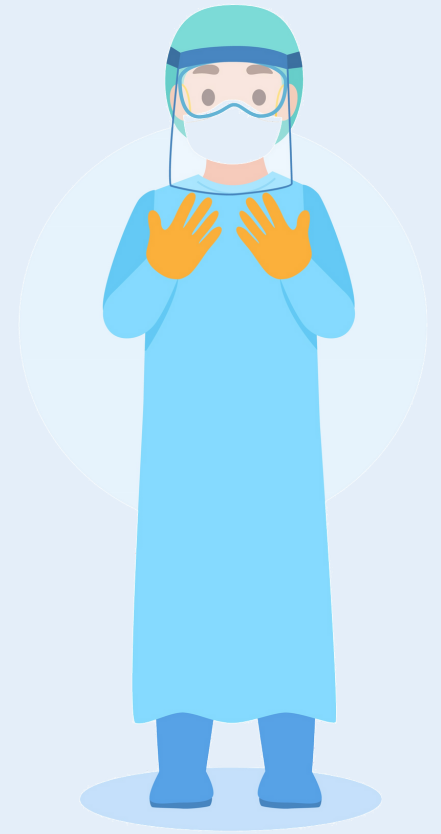


IMAGE: Getty Images,2020.

EXAMPLES OF AEROSOL-GENERATING PROCEDURES



IMAGE: Getty Images,2020.

- Resuscitation
Cardiopulmonary;
- Manual ventilation before intubation;
- Intubation or aspiration tracheal;
- Invasive and non-invasive ventilation invasive;
- Sample collections nasotracheal;
- Sputum induction.

PLACEMENT OF PERSONAL PROTECTIVE EQUIPMENT

STEP BY STEP

Sanitization of hands.



1 - APRON

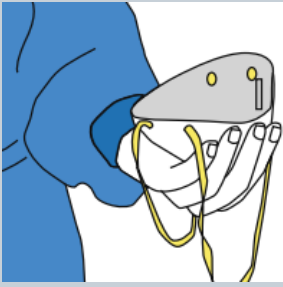
Wear the apron or cloak first by the sleeves, adjusting the ties on the back and waist. Long sleeves, mesh or elastic cuff and opening posterior layer with a minimum weight of 30g / m².



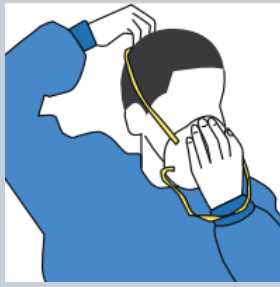
2 - MASK

Health professionals should visually inspect the N95 / PFF2 mask or equivalent, before each use, to evaluate whether your integrity has been compromised. Masks that are wet, dirty, torn, screw up or with creases, must be put away immediately. The healthcare professional should NOT use the surgical mask superimposed on the N95 mask or equivalent.

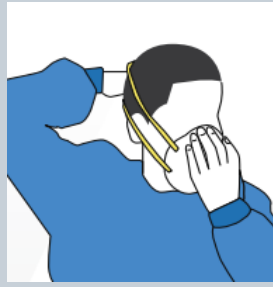
PLACING THE PARTICULATED RESPIRATOR (N95)



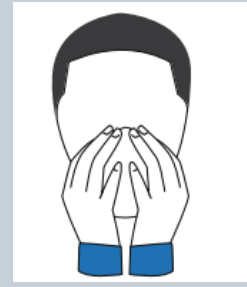
Hold the respirator with the nasal clip close to your fingertips leaving the straps hanging.



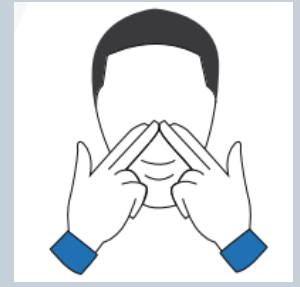
Fit the respirator under the chin.



Place the lower handle on the neck first and then the upper one on the head.



Adjust the clip nasal in the nose.

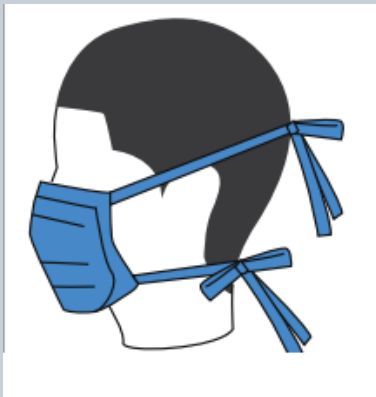


Check the seal by the positive and negative pressure test.



When carrying out the sealing test with an individual mask already used, hand hygiene is mandatory before following the stringing sequence.

SURGICAL MASKS



- Make sure the mask is not damaged.
- Use the nose clip as a reference to identify the top.
- Put the mask on your face and attach the straps behind your head, keeping them parallel (never crossed).
- Squeeze the nose clip or the rigid edge of the mask so that it adapts to the shape of your nose, aiming to minimize spaces between the face and the mask.
- Pull the bottom of the mask to let it cover your mouth and chin.

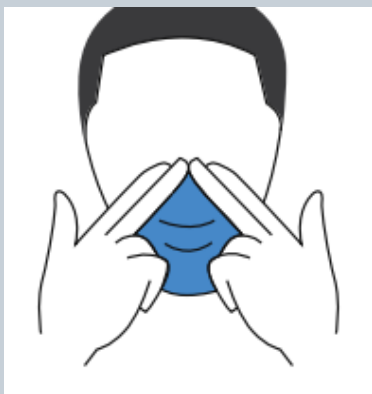


IMAGE: Getty Imagens,2020.

Surgical masks are disposable and cannot be cleaned or disinfected for later use.



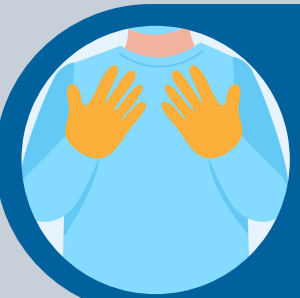
3 - CAP

Put the cap or cap on the head starting across the forehead, towards the base of the neck. Fit the head comfortably, covering all hair and ears. Whenever the hat or cap shows signs of moisture, they must be replaced by another one.



4 - PROTECTIVE GLASSES OR FACIAL PROTECTOR

Support the face shield visor on your forehead and pass the elastic over the top of your head. In the case of glasses, put them in the usual way. Exclusive use for each professional.



5 - GLOVES

Put on your gloves and extend them until you cover the insulation apron. The use of gloves is not a substitute for hand hygiene.

EQUIPMENT WITHDRAWAL INDIVIDUAL PROTECTION (PPE)

STEP BY STEP

The indication is that the removal of PPE follows the following procedure:

- 1. Gloves removal;**
- 2. Sanitization of hands;**
- 3. Removal of the apron / cloak and cap;**
- 4. Sanitization of hands;**
- 5. Removing face shield or glasses;**
- 6. Cleaning of the facial protector and / or glasses;**
- 7. Sanitization of hands;**
- 8. Mask removal;**
- 9. Sanitization of hands;**
- 10. Put on the personal or disposable mask before leaving the room or to stay in it**



1 - GLOVES

With both gloved hands, hold the outside of a glove at the top of your wrist. Remove this first glove, moving away from the body and wrist to the fingertips, turning the glove from the inside out. Hold the glove you just removed in your gloved hand. With the gloved hand, remove the second glove by inserting your fingers into the glove at the top of the wrist. Turn the second glove inside out while tilting it away from the body, leaving the first glove inside the second. Discard the gloves in the trash. Do not reuse the gloves. Wash your hands with soap and water or sanitize with 70% alcoholic solution.



2 - APRON

When removing the apron or cloak, avoid touching the outside, as it will be contaminated. Open the straps and loosen the straps. Push by the neck and shoulders, touching only the inside of the apron / cloak. Remove the apron / cloak inside out. Fold or wrap in a bundle and dispose of in an appropriate container. Wash your hands with soap and water or sanitize with 70% alcoholic solution.



3 - CAP

To remove the cap / hat, pull on the upper central part, without touching the hair. Discard the cap / hat in an appropriate container.

Wash your hands with soap and water or sanitize with 70% alcoholic solution afterwards.



4 - PROTECTIVE GLASSES OR FACIAL PROTECTOR

Remove from the side or the rods, considering that the front part is contaminated. Disinfect with 70% liquid alcohol, sodium hypochlorite or other disinfectant recommended by the service's CCIH; if there is visible dirt, wash it first with soap and water and then disinfect it afterwards.



5 - MASK

High filtration mask of type N95, PFF2 or equivalent.

Hold the lower elastic band with both hands, passing it over the head to remove it. Hold the elastic with both hands, passing it over the top of the head to remove it. Remove the mask by holding it elastic bands, taking great care not to touch the inner surface.

CARE FOR N95 CUSTODY AND REUSE

Pack in a way to keep it intact, clean and dry for the next use. For this, a bag can be used or paper envelope, plastic packaging or another kind of material, provided they are not hermetically sealed closed. The masks elastics' should be packaged in such a way that they are not contaminated and to facilitate removal of the mask from the packaging.



IMAGE: Getty Images,2020.



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