

How to use your MaskedHeroes PPE

To ensure you protect yourself as best you can from being infected with the virus, there is a recommended sequence in which you should put your PPE on (donning) and take it off (doffing). Following a correct doffing procedure is especially crucial – it is the most important step in preventing infection transmission. When you remove your PPE, assume that there is some virus on your PPE and so remove it in a way that will protect your clothing, skin and mucous membranes from contamination. If you suspect that you have been in contact with someone with Covid, be extra careful and sanitise your hands after each piece of equipment that you remove.



Using Your Mask

It is important to use and dispose of your mask correctly. This will help reduce the risk of transmission. When using your mask remember to:

- Place mask carefully over your mouth and nose and tie securely to minimise any gaps between your face and the mask.
- Avoid touching the inside of the mask while putting it on and taking it off. Then avoid touching the mask when you are wearing it.
- Remove the mask by untying the bands.
- Wash your hands and wash your mask with soap and hot water.
- Do not reuse single-use masks. Throw them away immediately or keep them in a sealed plastic bag until you can throw them away in a bin.
- Make sure you change your mask as soon as it becomes dirty or wet.



Your Clothes

- When you get home, take off your uniform or work clothes and place them in a washing basket immediately. Wash your hands after removing your clothes.
- Wash the clothes in hot water if possible (60°C).
- Ensure your cell phone has been cleaned.

Can PPE be re-used?

- Only reuse when supplies are very limited.
 - Reuse of PPE is still preferable to having no PPE.
 - Replace aprons and gloves between handling clients if in contact with clients.
 - Only use paper masks for 8 hours during in-field screening but discard them if they become dirty or wet.
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