

اصول حفاظت فردی در کوید-۱۹



HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED



Duration of the entire procedure: 20-30 seconds

1a

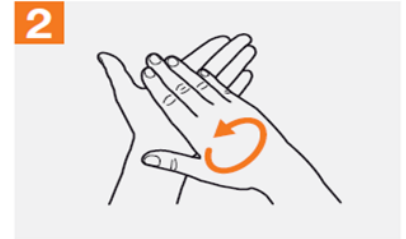


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

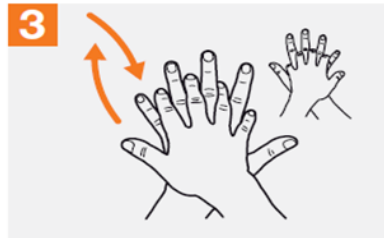


2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



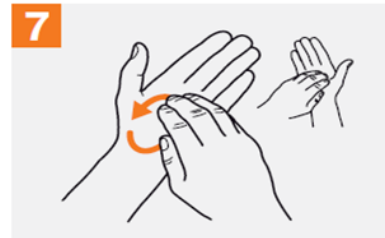
Backs of fingers to opposing palms with fingers interlocked;

6



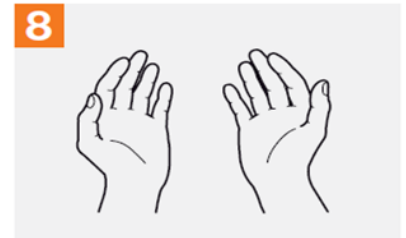
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



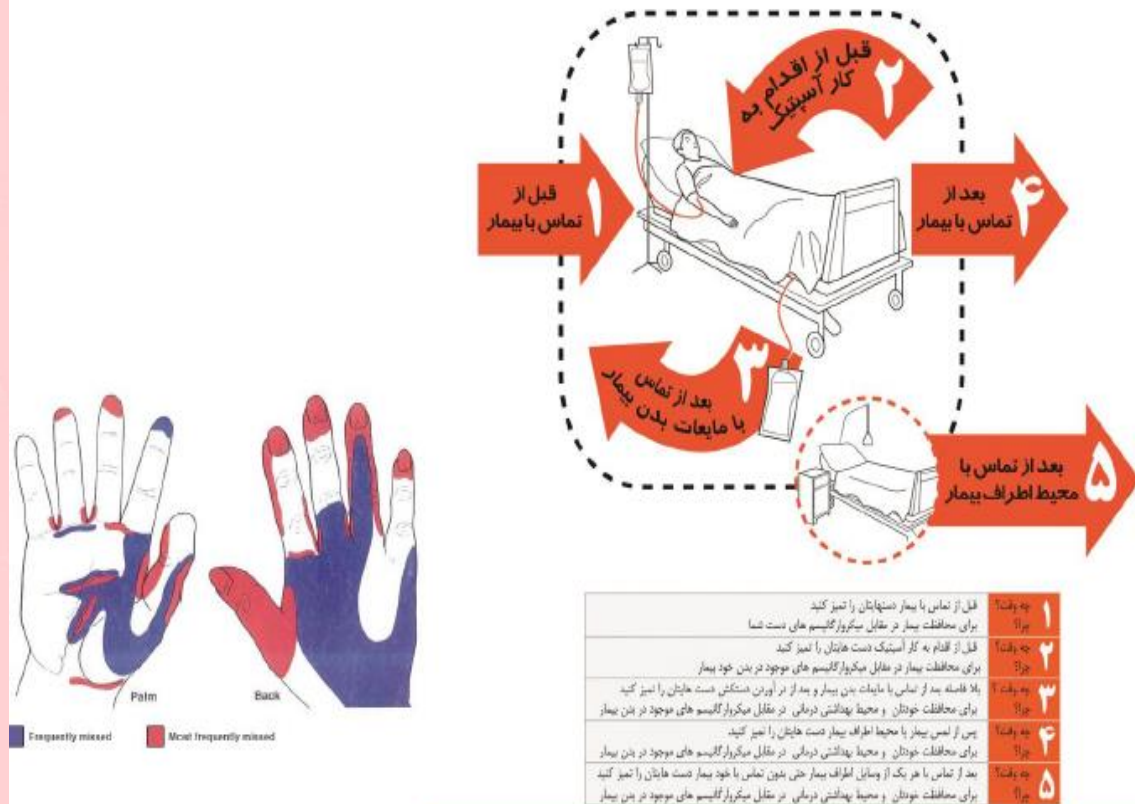
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

۵ موقعیت برای بهداشت دست



طراحی: گروهک دانش و مهارت
سازمان بهداشتی جهانی



World Health
Organization

Patient Safety
A World Alliance for Safer Health Care

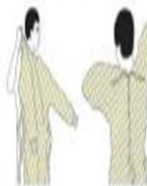
SAVE LIVES
Clean Your Hands

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



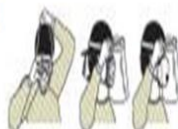
2. MASK OR RESPIRATOR

- 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

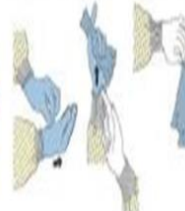


HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

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
- Grasp 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 now "first" glove
- Discard gloves in an infectious waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated
- If your hands get contaminated during goggles 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 there is a window, place in designated receptacle for reprocessing. Otherwise, discard in an infectious waste container



3. GOWN

- Sleeve 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, taking care that sleeves don't contact your body when turning to face
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Roller into a bundle and discard in an infectious waste container

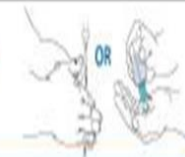


4. MASK OR RESPIRATOR

- 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 straps of the mask/respirator, then the sides at the top, and remove without touching the front
- Discard in an infectious waste container



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



* An infectious waste container is used to dispose of PPE that is potentially contaminated with Ebola virus.

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

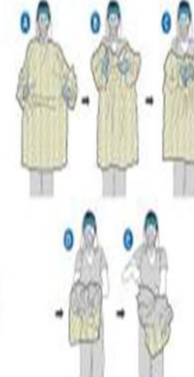


HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

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

- Sleeve 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 at the front, and pull away from your body so that the front breaks, touching outside of gown only with gloved hands
- While removing the gown, hold a roll of the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves with the same force, only touching the inside of the gloves and your wrist with your bare hands. Place the gown and gloves into an infectious waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated
- If your hands get contaminated during goggles 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 withdrawing the front of the goggles or face shield
- If there is a window, place in designated receptacle for reprocessing. Otherwise, discard in an infectious 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 straps of the mask/respirator, then the sides at the top, and remove without touching the front
- Discard in an infectious waste container



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



* An infectious waste container is used to dispose of PPE that is potentially contaminated with Ebola virus.

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

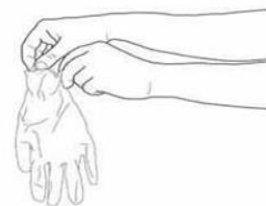


When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

I. HOW TO DON GLOVES:



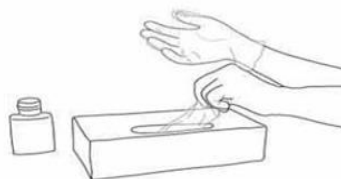
1. Take out a glove from its original box



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

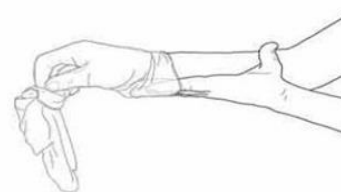


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

Steps to put on personal protective equipment (PPE) including coverall

- 1 Remove all personal items** (jewelry, watches, cell phones, pens, etc.)



- 2 Put on scrub suit and rubber boots¹ in the changing room.**

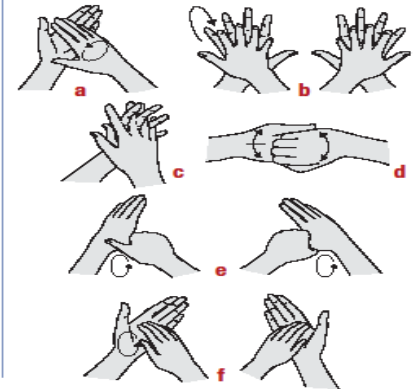


- 3 Move to the clean area at the entrance of the isolation unit.**

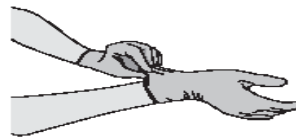
- 4 By visual inspection, ensure that all sizes of the PPE set are correct and the quality is appropriate.**

- 5 Undertake the procedure of putting on PPE under the guidance and supervision of a trained observer (colleague).**

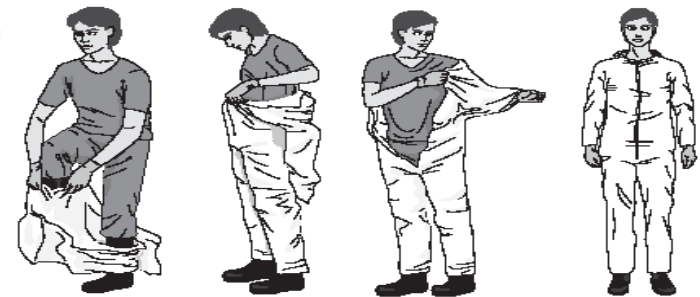
- 6 Perform hand hygiene.**



- 7 Put on gloves** (examination, nitrile gloves).



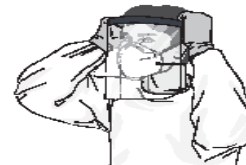
- 8 Put on coverall.²**



- 9 Put on face mask.**



- 10 Put on face shield OR goggles.**



OR



- 11 Put on head and neck covering** surgical bonnet covering neck and sides of the head (preferable with face shield) OR hood.



OR



- 12 Put on disposable waterproof apron** (if not available, use heavy duty, reusable waterproof apron).



- 13 Put on second pair of (preferably long cuff)² gloves over the cuff.**



¹ If boots are not available, use closed shoes (slip-ons without shoelaces and fully covering the dorsum of the foot and ankles) and shoe covers (nonslip and preferably impermeable).

² Do not use adhesive tape to attach the gloves. If the gloves or the coverall sleeves are not long enough, make a thumb (or middle finger) hole in the coverall sleeve to ensure that your forearm is not exposed when making wide movements. Some coverall models have finger loops attached to sleeves.

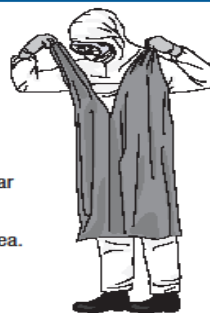
Steps to take off personal protective equipment (PPE) including coverall

1 Always remove PPE under the guidance and supervision of a trained observer (colleague). Ensure that infectious waste containers are available in the doffing area for safe disposal of PPE. Separate containers should be available for reusable items.

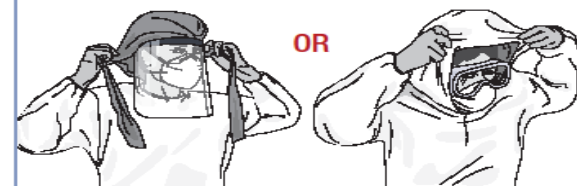
2 Perform hand hygiene on gloved hands.¹

3 Remove apron leaning forward and taking care to avoid contaminating your hands. When removing disposable apron, tear it off at the neck and roll it down without touching the front area. Then untie the back and roll the apron forward.

4 Perform hand hygiene on gloved hands.



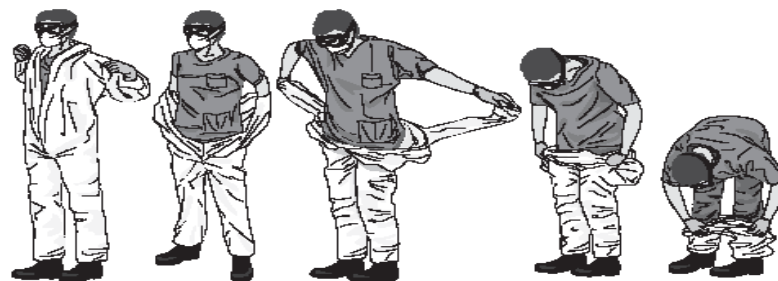
5 Remove head and neck covering taking care to avoid contaminating your face by starting from the bottom of the hood in the back and rolling from back to front and from inside to outside, and dispose of it safely.



6 Perform hand hygiene on gloved hands.

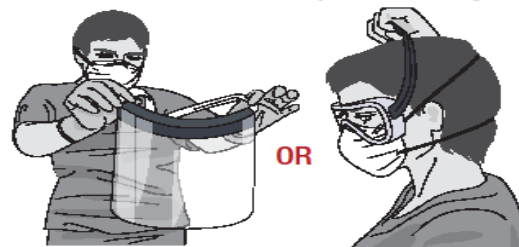
7 Remove coverall and outer pair of gloves:

Ideally, in front of a mirror, tilt head back to reach zipper, unzip completely without touching any skin or scrubs, and start removing coverall from top to bottom. After freeing shoulders, remove the outer gloves² while pulling the arms out of the sleeves. With inner gloves roll the coverall, from the waist down and from the inside of the coverall, down to the top of the boots. Use one boot to pull off coverall from other boot and vice versa, then step away from the coverall and dispose of it safely.



8 Perform hand hygiene on gloved hands.

9 Remove eye protection by pulling the string from behind the head and dispose of it safely.



10 Perform hand hygiene on gloved hands.

13 Remove rubber boots without touching them (or overshoes if wearing shoes). If the same boots are to be used outside of the high-risk zone, keep them on but clean and decontaminate appropriately before leaving the doffing area.³

14 Perform hand hygiene on gloved hands.

11 Remove the mask from behind the head by first untying the bottom string above the head and leaving it hanging in front; and then the top string next from behind head and dispose of it safely.



12 Perform hand hygiene on gloved hands.

15 Remove gloves carefully with appropriate technique and dispose of them safely.



16 Perform hand hygiene.

¹ While working in the patient care area, outer gloves should be changed between patients and prior to exiting (change after seeing the last patient)

² This technique requires properly fitted gloves. When outer gloves are too tight or inner gloves are too loose and/or hands are sweaty, the outer gloves may need to be removed separately, after removing the apron.

³ Appropriate decontamination of boots includes stepping into a footbath with 0.5% chlorine solution (and removing dirt with toilet brush if heavily soiled with mud and/or organic materials) and then wiping all sides with 0.5% chlorine solution. At least once a day boots should be disinfected by soaking in a 0.5% chlorine solution for 30 min, then rinsed and dried.

پرسش ۵) چه تفاوتی بین ماسک N95 با ماسک جراحی وجود دارد؟

در زبان انگلیسی، دو کلمه Respirator و Mask وجود دارد که در زبان فارسی هر دو، ماسک ترجمه می‌شوند. ماسک‌های N95، به‌عنوان Respirator، ولی ماسک جراحی با عنوان Mask شناخته می‌شود.



ماسک‌های جراحی



ماسک‌های N95

ماسک جراحی	ماسک N95	
Mask	Respirator	عنوان تخصصی
فقط ترشحات و قطرات بزرگ منتشرشده (مثل پرتاب بزاق بیمار)	ذرات کوچک غیرروغنی	کاربرد
غیرچسبان (Loose fit)	چسبان (Tight fit)	نوع انطباق صورت
خیر	بله	نیاز به آزمون انطباق
خیر	بله (در هر بار استفاده)	نیاز به آزمون کپی بودن (توسط خود استفاده‌کننده)
یک‌بار مصرف است (بعد از هر بار استفاده باید در سطل زباله‌های مقفول انداخته شود)	در صورت آسیب فیزیکی (حتی به کش‌های آن) یا هنگام آلودگی سطح آن با ترشحات بیمار، باید در سطل زباله‌های مقفول انداخته شود.	محدودیت‌ها

نحوه پوشیدن ماسک تنفسی مخصوص (N95)

- گام ۱: قسمت پشت (خارجی) ماسک را در کف دست قرار داده به صورتی که قسمت بینی در نوک انگشتان قرار گرفته و بندهای ماسک بطور آزاد در زیر دست آویزان باشد.



- گام ۲: ماسک را زیر چانه قرار داده به نحوی که قسمت بینی آن به سمت بالا باشد.



- گام ۳: بند بالایی ماسک را با دستی که آزاد است به بالا و پشت سر خود بکشید. بند پایینی ماسک را نیز به بالا کشیده و نزدیک گردن و زیر گوش قرار دهید.



- گام ۴: انگشتان دو دست را روی قسمت فلزی بینی قرار داده و روی بینی خود قالب دهید. فشار دادن با یک دست منجر به کاهش موثر بودن قالب دهی روی بینی می گردد.



- گام ۵: قسمت جلوی ماسک مخصوص را با هر دودست بپوشانید) مراقب باشید موقعیت ماسک را تغییر ندهید.



نحوه کنترل نشت هوا در هنگام استفاده از ماسک تنفسی مخصوص (N95)

کنترل نشتی مثبت

- به سرعت هوا را بیرون دهید (انجام سریع بازدم) فشار مثبت در داخل ماسک برابر با عدم نشت ماسک است، اگر نشتی وجود داشته باشد موقعیت ماسک را تنظیم کنید و یا بندها را بکشید .
- نشتی را مجدداً کنترل کنید.
- مراحل را مجدداً تکرار کنید تا زمانی که ماسک بطور مناسب ایمنی ایجاد کند (محکم شود).

کنترل نشتی منفی

- بطور عمیق نفس بکشید (دم عمیق) اگر نشتی وجود نداشته فشار منفی باعث چسبیدن ماسک به صورت می شود.
- نشتی منجر به از دست دادن فشار منفی در ماسک شده و باعث ورود هوا از طریق منافذ نشتی می گردد.