

Guidelines for use of personal protective equipment in relation to Covid-19:

Developed by expert Team of NMC and Government of Nepal with reference from WHO

A. For Aerosol Generating procedures: Dental procedures, bronchoscopy, Upper GI Endoscopy, ENT procedures, Nebulization, Intubation of a patient, CPR, Non-invasive ventilation, endotracheal suctioning, when obtaining nasopharyngeal or oropharyngeal swab, etc. in Covid-19 suspected or confirmed cases health personnel need to use the following protective equipment: **Category I PPE:**

- a. N-95 mask
- b. Goggles or visor
- c. Gloves (loose gloves acceptable)
- d. Water resistant OR standard disposable gowns
- e. Cap: Regular disposable

B. For Non aerosol generating covid-19 suspected or confirmed patients: Health personnel need to use the following protective equipment: **Category II PPE:**

- a. Surgical mask (seal the top edge with tape)
- b. Goggles or visor
- c. Gloves (loose gloves acceptable)
- d. Water resistant or standard disposable gowns
- e. Cap: Regular disposable

C. For Physicians examining the patients in the fever/screening clinics the following PPE is recommended: Category II PPE

- a. Surgical mask, (seal the top edge with a tape)
- b. Goggles or visor
- c. Water resistant or standard disposable gowns
- d. Regular disposable Cap
- e. Gloves (loose gloves acceptable)

Note: For staff involved in preliminary screening not involving direct contact, maintain spatial distance of at least 1meter, no PPE required; Use surgical mask if maintaining distance not always possible.

D. For escorts or drivers, the following PPE is recommended: Category III PPE:

- a. Surgical masks
- b. Gloves
- c. Gowns (if physical contact expected)

Follow hand hygiene and keep minimum 3 to 6 feet distance from the patient

E. For Laboratory staff: category II or III PPE; depending upon the chance of splash:

- d. surgical mask
- e. Gown
- f. Loose Gloves
- g. Eye protection (if risk of splash)

F. For all staff, including health care workers involved in any activity that does not involve contact with COVID-19 patients and working in other areas of patient transit (e.g. wards, corridors). **No PPE required.**

For Everyone:

- *Maintain 3-6 feet distance while visiting patients, if no need to touch the patient.*
- *Mandatory hand-hygiene after each use of PPE and between patients.*
- *Mandatory surface cleaning of bed or furniture with 0.5% Chlorine disinfectant (Virex* or similar) between each patient in OPD or in an inpatient setting.*