Ebola Preparedness for Healthcare Workers

Practice careful hand hygiene.
Wash your hands with soap and water or an alcohol based sanitizer.

Do not handle items that may have come in contact with an infected person’s blood or body fluids.

Use of personal protective equipment (PPE)
Use a buddy system to ensure that PPE is put on and removed safely.

Before entering patient room, wear:
- Gown (fluid resistant or impermeable)
- Facemask
- Eye protection (goggles or face shield)
- Gloves

If likely to be exposed to blood or body fluids, additional PPE may include but isn’t limited to:
- Double gloving
- Disposable shoe covers
- Leg coverings

Upon exiting patient room:
- PPE should be carefully removed without contaminating one’s eyes, mucous membranes, or clothing with potentially infectious materials
- Discard disposable PPE
- Re-useable PPE should be cleaned and disinfected per the manufacturer’s reprocessing instructions
- Hand hygiene should be performed immediately after removal of PPE