

DISPOSABLE GLOVES – WHAT TO KNOW

- In no way does wearing gloves replace the need for hand hygiene either by handwashing or using an alcohol hand rub.
- The virus gets on them in the same way it gets on your hands.
- Wearing disposable gloves can give you a false sense of security.
- The unnecessary use of gloves in situations where their use is not appropriate should be avoided.
- Your hands can get contaminated if gloves are not taken off correctly.

DISPOSABLE GLOVES – WHAT NOT TO DO

- Wear the same pair of gloves dealing with multiple customers.
- Reuse the same pair of gloves more than once.
- Touch your face when wearing gloves.

BACK TO BASICS

The most important and effective measures to prevent the spread and to reduce the risk of infection are pretty basic. They include:



Wash your hands properly and regularly with soap and water or an alcohol-based hand rub.



Wiping down of surfaces.



Cover your mouth and nose with a tissue when you cough and sneeze and dispose of tissue correctly.



1.

Pinch and hold the outside of the glove near the wrist area.



2.

Peel downwards, away from the wrist, turning the glove inside-out.



3.

Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.



4.

With your un-gloved hand, slide your fingers under the wrist of the remaining glove.



5.

Peel downwards, away from the wrist, turning the glove inside-out.



6.

Continue to pull the glove down and over the inside-out glove being held by your gloved hand.



7.

Dispose of gloves safely. Clean your hands after.

FACE MASKS – WHAT TO KNOW

Wearing a mask can give a false sense of safety, masks can't necessarily prevent you from getting COVID-19 from someone else. You may be more inclined to adjust the mask and accidentally contaminate your face. Disposable face mask can only be used once. Many people do not put on or take off face masks correctly.

HOW TO CORRECTLY PUT ON & TAKE OFF FACE MASKS



Before touching the mask, clean hands with an alcohol-based hand rub or soap and water.



Orient which side is the top side (usually where the metal strip is). Ensure the proper side of the mask faces outwards.



Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.



Pull down the mask's bottom so it covers your mouth and your chin. Make sure there are no gaps between your face and the mask.



Avoid touching mask while using it, if you do, make sure your hands are clean.



After use, take off the mask; remove the elastic loops from behind the ears or head while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.



Discard the mask in a closed bin immediately after use.



Clean hands with an alcohol-based hand rub or soap and water after touching or discarding the mask.



OTHER TIPS



Keep long hair tied up to avoid pushing back/touching hair.



If you wear glasses, be sure to sanitise glasses and avoid touching/adjusting them.



Wash clothes every evening.



Regularly wiping down all touched surfaces like doors, desks, chairs.



Regularly cleaning staff bathroom/kitchen areas.

WHEN MUST PPE BE WORN?

PPE should only be worn where the risks cannot be avoided or limited by other means. In circumstances where the risks are sufficiently low and can be considered to be adequately controlled, the provision of PPE is not necessary. PPE should only be used if staff know how to correctly use it.

PPE has its limitations because:

- It is ineffective if not fitted or removed properly.
- Theoretical levels of protection are seldom reached in practice.
- The use of PPE restricts the wearer to some degree.
- The psychological effect of PPE may be such that the individual wearing the PPE feels more protected than he or she actually is.