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MINISTRY OF HEALTH - ETHIOPIA
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Standard Operating Procedure for Mask and Glove Utilization- COVID- 19



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SOP for Mask and Glove Utilization- COVID-19

COVID-19 mostly spread from an infected person through contacts or inhalation of droplets and cause infections of the nose, throat and lung. Hence, proper utilization of personal protective equipment coupled with understanding of how and when to use them is essential in controlling COVID-19. For optimal safety and efficacy, use of mask must be combined with appropriate hand hygiene practices and physical distancing in all settings.

Attention: Maintain 2 meter distance from other at all times, wash your hands thoroughly when back home and do not touch your mouth, nose or eyes.

1. Face Masks

A. Medical/surgical mask

A loose-fitting, disposable device that creates a physical barrier between the mouth and nose of the wearer and potential contaminants in the immediate environment, These are often referred to as face masks, although not all face masks are regulated as medical/surgical masks. Note that the edges of the mask are not designed to form a seal around the nose and mouth.

Note: - This type of masks are single use (4-6 hrs. if they are dry, intact and no visible dirt or debris), they cannot be washed or reprocessed or decontaminated.



This type of masks are recommended to be used for

- Health care workers
- Patients with respiratory problem
- A person who provides care for the suspected and confirmed COVID -19 patients

How to use:

- Masks should cover nose, mouth, lower jaw and facial hair
- Adjust the metal on the top to fit with your nose
- Use strings when donning and doffing; do not touch the front part of the mask
- Always apply the light colored part (usually white) of the Mask to the inside and put the darkly colored (usually light blue) of the Mask to the outside. **DO NOT** reverse it.
- If you are obliged to re-using masks ensure that the masks are clean, intact and dry with no visible dirt or debris.
- **DO NOT** touch the front part of the mask
- Immediately dispose of masks if they are dirty, wet or worn-out in to biohazard bag as infectious wastes or burn it. **DO NOT** leave used masks unattended, store out of reach of others.



B. N95/FFP2 Mask:-

A respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles. Note that the edges of the respirator are designed to form a seal around the nose and mouth. Surgical N95 Respirators are commonly used in healthcare settings and are a subset of N95 Filtering Face-piece Respirators (FFRs), often referred to as N95s.

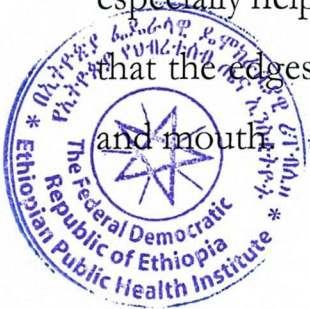
Note: - *Extended use and re-use of this type of masks with precaution that they are clean, intact and dry is recommended. They cannot be washed or decontaminated for reuse.*

N95 respirator should only be used by health professionals who:

- Provide direct care for COVID-19 patients
- Take and manipulate oropharyngeal and nasopharyngeal samples
- Perform and assist aerosol generating procedures.

C. Cloth Mask

A loose-fitting mask made from local cloth that creates a physical barrier between the mouth and nose of the wearer. These are often referred to as local face masks/cloth masks. Although they do not replace medical/surgical masks they provide little protection from COVID-19 infection. They especially help in retaining anything coming out of the mouth and nose. Note that the edges of the mask are not designed to form a seal around the nose and mouth.



Note: - *This type of masks must be washed and boiled for 5 minutes and dried before use and they can be reused by washing them with soap and water (hot water if available) and leaving them to dry in hot sun for 5 hours or ironing them hot for 5 minutes daily.*

Storing of Clean Mask

- Take any plastic bag at your home and clean it thoroughly with soap and water and let it dry on both sides.
- Keep the properly cleaned masks in to it and seal it with candle light or sealer
- It's advised to have at least two masks for every one so that you can wear the one while the other is cleaned and dried.

This type of masks are recommended for

- Persons who participate in public gathering area and market places
- Persons who live in difficult situation to implement social distancing
- Persons who used public transportation

Remember: If cloth masks are not available, use any cloth (Scarf/ Hair cover) to cover your mouth and nose properly if you are in public areas. This cloths need to be properly washed daily.

Note: For children under 2yeas of age it is not advised to use masks due to risk of suffocation



2 Gloves

Surgical/Sterile Gloves: - are used when performing invasive medical or surgical procedures when sterility is required.

Disposable/Non-sterile gloves: - are used by HCWs to protect themselves from blood and body fluids when performing routine patient care.

Heavy duty gloves: - are worn for processing instruments, cleaning equipment and other items, environmental cleaning, handling soiled textile items, and handling contaminated waste and chemical to conserve other gloves for patient care.

Note: - *At community level, gloves shouldn't be used for routine activity except for care takers who provide direct care for patients.*

- Gloves come in different sizes, so make sure you choose the right size for a good fit.
- If the gloves are too big, it is hard to hold objects and easier for germs to get inside your gloves; if too small more likely to tear.
- Ensure that your nails are short (not more than 3mm long from the tip of fingers), longer nails easily tear gloves.
- Remove rings and jewelries form hands, because they can hide microorganisms and cause difficulty in cleaning hands and also easily tear gloves.



- Before wearing gloves ensure that you have washed your hands with soap and water or used hand sanitizer if hands are visibly clean.
- Start by identify the thumbs part and put on ensuring each finger fits in, pull down gently and extend to cover wrist
- Using gloved hands, grasp below the palm area of the other gloved hand, pull over fingers and peel backwards to remove turning inside out, hold removed glove in other gloved hand.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard removed gloves in appropriate waste container
- Perform Hand hygiene afterwards

Disposal of Mask and Gloves

- All masks and gloves should be disposed in a manner that pose minimal risk to the healthcare provider, patients and community.
- Handle all used masks and gloves as potentially infectious even if there is no visible contamination
- Collect all masks and gloves in a biohazard bag or a leak proof container immediately after utilization.
- All personnel working in personal protective equipment disposal should wear masks and gloves.
- Dispose waste in an incinerator or in fenced and secured pit burn by adding kerosene.

