



San Diego County

SHERIFF

William D. Gore
Sheriff

Detention Services Bureau, In-Service Training Unit
Telephone: [REDACTED]

December 29, 2020 TRAINING BULLETIN

Personal Protective Equipment for Staff

The San Diego Sheriff's Department has deployed our Continuity of Operations Plan (COOP) that will allow us to facilitate public safety services during this critical time. The COOP will ensure that essential functions, such as security and medical services for inmates in our custody continue and personnel and resources are available to maintain normal operations.

In response to the threat of the novel coronavirus (COVID-19) pandemic, the San Diego County Sheriff's Department has implemented plans to continue to provide professional detention services in a safe and humane environment.

As first responders, we must continue to render medical aid to inmates. A tremendous amount of work is going into the effort to have personal protective equipment (PPE) readily available for you. This includes N95 masks, gloves, and gowns. Social distancing and regular hand washing should be practiced whenever possible.

COVID-19 PERSONAL PROTECTIVE EQUIPMENT (PPE) FREQUENTLY ASKED QUESTIONS:

- **When should I wear gloves?**

Wear gloves when it can reasonably be anticipated that you might contact potentially infectious materials.

- **When should I wear a mask?**

For your protection, as well as for that of your friends and colleagues, masks are always to be worn while on duty in one of our facilities. This will provide a basic level of protection. A N95, or other approved respirator, can be worn when assigned to work all modules and housing units.

- **N95 Masks vs. KN95**

You may have heard on the news or read reports about KN95 masks not being approved by the U.S. government for protection against COVID-19. What's the difference between N95 and KN95, and should we use them? While the N95 mask meets U.S. standards to help protect against COVID-19, the KN95 mask meets similar Chinese standards. With supplies of N95 masks dwindling and demand for protection increasing, the FDA has made an emergency exception for KN95 masks and approves their use during this pandemic when masks meeting U.S. standards are not available.

This Training Bulletin was prepared by the Medical Services Division and Detention In-Service Training Unit. If you have expertise in a particular subject and would like to write a training bulletin, please contact the Detention In Service Training unit at [REDACTED]



- **When should I wear eye protection such as goggles or a face shield?**

Wear eye protection when activities could generate splashes or sprays of bodily fluids (e.g. working Intake or COVID-19 Positive Modules). Use of a face shield will help protect the mask and can allow for extended wear and use.

- **When should I wear a gown?**

Wearing a gown is rarely needed. A gown is recommended for health staff when doing direct procedures, or sworn staff assigned to work COVID-19 positive modules. Gowns are also recommended for those inmate workers assigned to a cleaning crew (e.g. cleaning day rooms, sanitizing individual rooms of person under investigation (PUI) or COVID-19 patients).

STAFF PPE GUIDELINES AT A GLANCE

INTAKE

- N95 mask (or equivalent), gloves, as needed, don gown and face shields

COVID-19 POSITIVE MODULE Staff (to include Inmate Workers)

- N95 mask (or equivalent), gown, gloves and face shields

SUSPECTED COVID-19 (SPUI) MODULE

- N95 mask (or equivalent) and gloves

QUARANTINE MODULE

- N95 mask (or equivalent) and gloves

7 DAY QUARANTINE MODULE

- N95 mask (or equivalent) and gloves

HIGH RISK HOUSING

- N95 mask (or equivalent) and gloves

INMATE TRANSPORTATION RUN

- N95 mask (or equivalent) and gloves.

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Understanding the Difference



Barrier



N95 Respirator

Testing and Approval	Cleared by the U.S. Food and Drug Administration (FDA)	Evaluated, tested, and approved by NIOSH as per the requirements in 42 CFR Part 84
Intended Use and Purpose	Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer's respiratory emissions.	Reduces wearer's exposure to particles including small particle aerosols and large droplets (only non-oil aerosols).
Face Seal Fit	Loose-fitting	Tight-fitting
Fit Testing Requirement	No	Yes
User Seal Check Requirement	No	Yes. Required each time the respirator is donned (put on)
Filtration	Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection	Filters out at least 95% of airborne particles including large and small particles
Leakage	Leakage occurs around the edge of the mask when user inhales	When properly fitted and donned, minimal leakage occurs around edges of the respirator when user inhales
Use Limitations	Disposable. Discard after each patient encounter.	Ideally should be discarded after each patient encounter and after aerosol-generating procedures. It should also be discarded when it becomes damaged or deformed; no longer forms an effective seal to the face; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.



Centers for Disease Control and Prevention
 National Institute for Occupational Safety and Health

****Per the CDC- Face masks (barrier protection) are an acceptable alternative if or when respirators are not available.***

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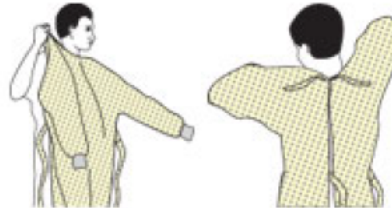


SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

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



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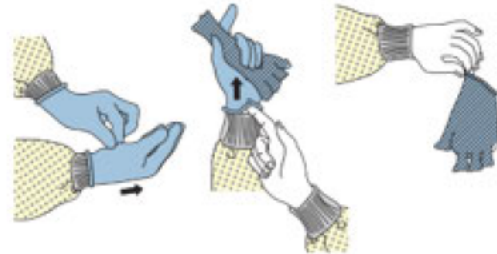


HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

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
- Using a 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 over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle 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 the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



3. GOWN

- Gown 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 ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

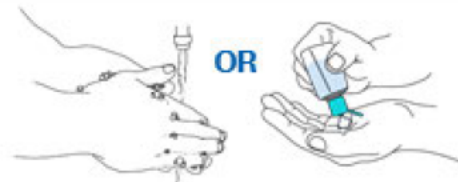


4. MASK OR RESPIRATOR

- 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 elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



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



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



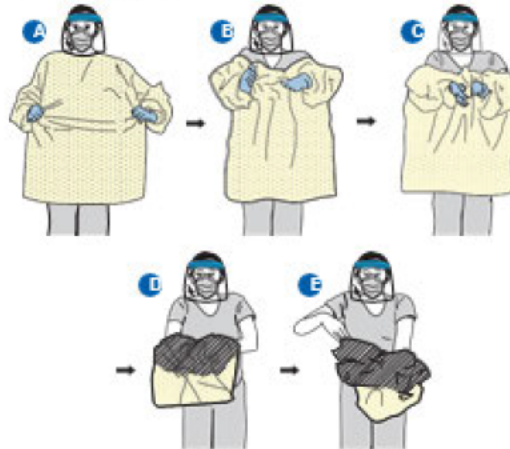


HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

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

- Gown 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 in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle 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 without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

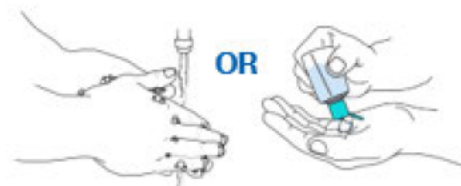


3. MASK OR RESPIRATOR

- 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 elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



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



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

