



Guidance for Use of PPE

FACIAL-COVERINGS

To reduce the spread of Covid-19, the Arkansas Department of Health and the CDC both recommend wearing a cloth facial-covering by the general public when other social distancing measures are difficult to maintain. Here are some important points about your facial-covering.

- Place a clearly identifiable mark on your facial-covering (such as your initials) to avoid wearing someone else's by mistake.
- It should fit snugly but comfortably against the side of your face and below your chin.
- It should **always cover your mouth and nose**. If it keeps falling below your nose, consider modifying the facial-covering or using one with a different style.
- Do not wear it around your neck as this can contaminate you and place you at a higher risk of contracting Covid-19.
- Don't touch your eyes, nose or mouth when removing the facial-covering and wash or sterilize your hands immediately after removal.
- It should be routinely washed depending on the frequency of use.
- Washing it with routine laundry detergent is sufficient to kill coronaviruses.

DISPOSABLE GLOVES

The CDC does not recommend wearing gloves for the general public. They recommend wearing gloves only when cleaning or caring for someone who is sick. In most other situations such as routine daily activities, wearing gloves is not necessary. Under normal circumstances, your risk of acquiring Covid-19 is much less if you routinely sanitize or wash your hands than when you routinely wear disposable gloves.

When disposable gloves must be worn, remove them by placing a finger on the inside of the cuff and turning them inside out during removal. Properly dispose of them so others won't run the risk of cross-contamination.

Sanitize or wash your hands as soon as the gloves are removed.

PROTECTIVE EYE WEAR

Goggles – Wearing goggles can help to protect the eyes from human respiratory droplets under certain circumstances. The Arkansas Department of Health and the CDC does not recommend their routine use for the general public. They are most effective when worn while caring for someone who is sick. Under normal circumstances during routine daily activities, they are generally not needed.



Face Shields – Wearing a face shield does not replace the need for wearing facial covering. It is worn to keep respiratory droplets from contaminating your eyes. The Arkansas Department of Health and the CDC does not recommend their routine use for the general public. They are most effective when worn while caring for someone who is sick. Under normal circumstances during routine daily activities, they are not needed.