



Dandenong District Division of General Practice

Personal Protective Equipment for Respiratory Diseases (PPE)

ITEM	COMMENTS	✓
P2 (N95) mask	Should be worn by the doctor or practice staff member caring for the sick person. When fitted correctly a P2 (N95) mask offers protection from disease spread by droplet and airborne transmission. Fit first : remove last by touching only the ties. WASH HANDS	
Surgical Mask	Should be worn by the sick person to limit the spread of droplets through talking, coughing or sneezing. Unless it needs to be removed for examination purposes, the infectious case should wear a surgical mask when other people are within 1 metre or are in the same room.	
Disposable non sterile gloves	Replace gloves between patient contacts or if they become contaminated or damaged. Place the gloves over the gown cuffs. Fit last: remove first by gripping the cuffs. Dispose into appropriate waste. WASH HANDS	
Plastic apron	Useful if gown is not waterproof and splashing of blood, body fluids, excretions or secretions is anticipated.	
Protective eyewear	For example, goggles/visor/shield. Some protective eyewear can be cleaned and disinfected for re-use. Refer to manufacturer's instructions. Fit second :remove second.	
Long sleeved cuffed gown	Fit third: remove third. When removing, only touch the inside of the gown, pull from the neck and shoulders, then arms, turning inside out as gown is removed. Discard into the appropriate waste.	
Cap	Useful in high risk situations where there may be increased aerosols.	
Alcohol based wipes	For cleaning surfaces. If visible soiling present then refer to your spills protocols.	
Alcohol-based hand rub.	Hand hygiene is the single most effective way to prevent the spread of infection. Wash hands before putting on PPE, after removing gloves and when all PPE removed.	

Based on resources from the Australian Government Department of Health and Ageing. November 2005