



# IPC for Marburg Virus Disease (MVD): PPE Part 1:PPE Basics – What, When, and Why to Use PPE

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Healthcare Settings with Limited to Intermediate Resources

# Learning Objectives

After this presentation, participants will be able to

- Explain why PPE is important in the context of Marburg virus disease
- Choose appropriate PPE for certain activities
- Identify if PPE is being used correctly

What Is Personal Protective Equipment (PPE)?

## Definition: PPE

PPE is **specialized clothing or equipment** worn by healthcare workers that provides barriers or layers to protect their eyes, nose, mouth, skin, and clothing from contact with a patient's body fluids (blood, vomit, urine, stool, or sweat).

**Correct use of PPE helps protect you from infection.**

# PPE Items

Head covering



Head + hair

Goggles



Eyes

Mask



Nose + Mouth

Face shield



Eyes + Nose + Mouth

Gown



Body

Coverall



Body

Apron



Body

Gloves



Hands

Boots



Feet

# Why PPE?

Marburg virus disease can spread through direct contact (such as through broken skin or mucous membranes in the eyes, nose, or mouth) with

- **Blood or other body fluids** of a person who is sick with or has died of Marburg virus disease
- **Objects contaminated with blood or other body fluids** from a person who is sick with or has died from Marburg virus disease.

PPE works as a **barrier** to protect your eyes, nose, mouth, skin, and clothing from contact with a patient's body fluid.

# When to Use PPE

# Standard Precautions

- Used for all patient care
- Protect healthcare workers from infection and prevent the spread of infection from patient to patient



Hand hygiene



Cover coughs / respiratory hygiene



Personal protective equipment (PPE)  
*based on risk of exposure*



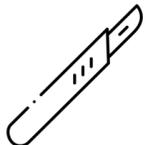
Clean and disinfect patient care equipment and instruments



Safe injection practices



Clean and disinfect healthcare environment



Sharps safety



Handle textiles and linens carefully

# Key Point on PPE

**PPE alone is not enough.** Safe patient care during a Marburg virus disease outbreak requires all standard precautions including:

- Hand hygiene
- Environmental cleaning
- Screening and isolation

# PPE and Standard Precautions during Marburg Virus Disease Outbreak

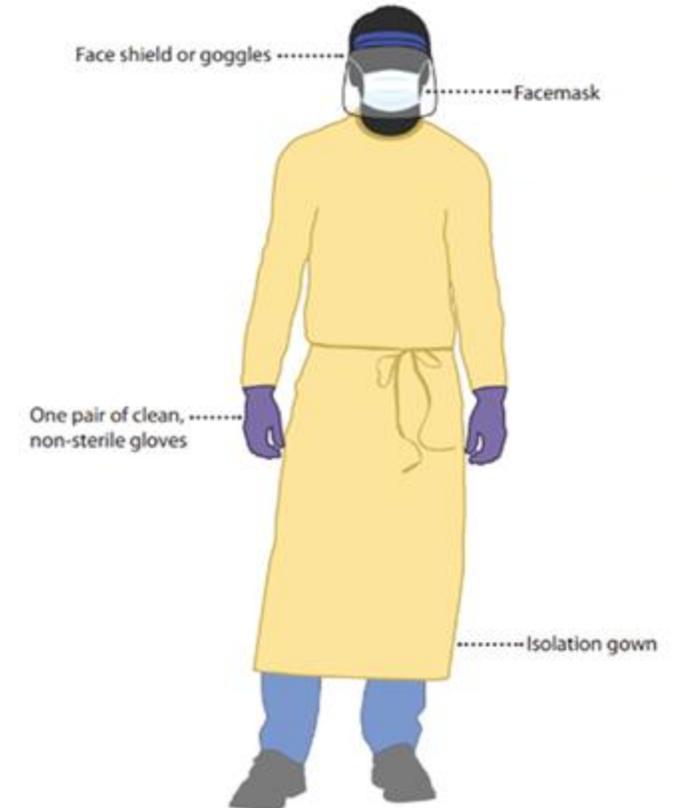
- It is not always possible to clearly identify patients with Marburg virus disease because early symptoms are nonspecific.
- Because of this, during an Marburg virus disease outbreak, **use Standard Precautions for any care or activities that might allow exposure to blood or other body fluids.**

Note: Gloves should be considered if you will be touching patient

# PPE for Marburg Virus Disease Screening

Screening can be a **non-contact activity**

- Maintain distance of at least 1 meter
  - Avoid direct face-to-face interaction (physical separation such as plexiglass preferred)
- **If distance can be maintained → PPE not required**
  - **If distance can't be maintained → PPE**
    - Mucous membrane protection (goggles + face mask OR face shield + face mask)
    - Single gloves
    - Gown
  - **If PPE is worn → remove after each person you screen + perform hand hygiene**



PPE for screening when distance cannot be maintained

# PPE for Patient Care & Environmental Cleaning

- Double gloves (inner pair and outer pair)
- Gown OR coverall
- Apron
- Head cover
- Waterproof boots
- Mucous membrane protection (face mask\* + face shield)  
OR (face mask\* + goggles)

\*Respirator can be used in place of face mask (structure of respirator keeps it from collapsing when soaked with sweat; may be preferred in hot, humid climates)



Using PPE Correctly

# Key Point on PPE

PPE helps protect you from infection but...

**PPE only works if it is used correctly every time.**

# Do's and Don'ts While Wearing PPE

## DO

- ✓ **Change PPE that is heavily contaminated** with blood or other body fluids
- ✓ **Change PPE if it gets damaged** (e.g., glove tears, gown rips)
- ✓ **Remove PPE correctly and carefully**, even when you're tired

## DON'T

- ✗ **Touch or adjust PPE** once it's on
- ✗ **Touch your face**
- ✗ **Touch unnecessary objects**, such as cell phones, pens, patient charts
- ✗ **Touch surfaces** such as bed rails, counters unless absolutely necessary

# What if PPE is limited?

- Prioritize PPE use for:
  - Cleaning staff
  - Any patient interaction with potential for exposure to body fluids, especially blood (e.g., maternity and trauma patients)
- Remember that PPE is **one aspect of Standard Precautions:**
  - Maintain at least 1 meter distance (e.g., neutral space for passing medication)
  - Perform hand hygiene as indicated
  - Identify solutions based on local context (adaptations to procedures and clothing)

# Knowledge Check: PPE

Imagine these are your co-workers. Based on what you know about proper use of PPE, what suggestions would you give them in each of these scenarios to help them better protect themselves?



1



2

# Feedback: PPE

## Picture 1:

- PPE worn out of context
- Face mask not worn correctly - ensure mask covers nose and mouth; adjust to fit
- Overly soiled gloves need to be removed



## Picture 2:

- Touching coverall hood and sides of face mask with gloved hands
- Coverall hood not fully covering hair
- Mask not covering nose
- No eye protection



# Reflection

- Have you experienced a shortage or lack of PPE in your healthcare facility before? If so, what did you and your co-workers do to protect yourselves despite limited PPE?
- In the context of Marburg virus disease, what are some adaptations you might consider in your facility if PPE is limited?

# Key Takeaways

- PPE helps protect you from infection.
  - Protecting yourself helps protect your patients and your community.
  - **But PPE only works if it is used correctly.**
- PPE is just one aspect of Standard Precautions.
  - Hand hygiene, environmental cleaning and disinfection, and other precautions are key to helping keep you, your patients, and your community safe.

# Thank you!

For more information, contact CDC  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

