



Minimum Recommended Guidance on Protection and Decontamination for First Responders Involved in COVID-19 Cases – Quick Reaction Guide

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Minimum PPE Recommendations

- The principal exposure to emergency responders occurs by inhaling aerosolized droplets from an infected person’s sneezes, coughs, or talking and by hand to nose, mouth, and/or eye contact (autoinoculation).
- Select appropriate PPE including respirators, eye protection, gloves, and body protection to prevent exposure or limit contamination transfer per recommendations below; obtain PPE that meets industry standards wherever possible.
- Follow manufacturer, CDC, or WHO instructions for properly putting on, wearing, and removing PPE items; undertake extreme care and follow the appropriate sequence for doffing PPE that is contaminated.
- Carefully dispose of single-use PPE items and clean/sanitize/disinfect any multiple-use PPE as appropriate to the PPE item.

| Type of Protection | Preferred or Ideal | Minimum | Other Factors |
|--------------------|--|---|---|
| Respiratory | NIOSH approved P100 filtering facepiece respirator; or Reusable elastomeric facepiece with P100 filters; or PAPR with HEPA filters | NIOSH approved N95 filtering facepiece | If surgical/procedure mask used (should meet ASTM F2100) Level 2 or 3. Europe equivalents: FFP2 ≈ N95 FFP3 ≈ P100 |
| Ocular | ANSI Z87.1 N3 or N5 rated goggles; or Full facepiece respirator | ANSI Z87.1 compliant Disposable or reusable faceshield; or Safety glasses | Attached shields on surgical or procedure masks are not effective by themselves (wear with safety glasses) |
| Dermal – Hand | Examination gloves meeting ASTM D6319 (nitrile), ASTM D6977, or NFPA 1999; Double gloving offers additional physical protection | Examination gloves meeting ASTM D3578 (latex); or cleaning elastomeric or coated work gloves | Avoid glove liners or cloth-based gloves. Always thoroughly clean hands with soap and water or hand sanitizer after use |
| Dermal – Body | Isolation gowns that meet Level 4 criteria in AAMI PB70 and ASTM F3352; or Single use garments or ensembles certified to NFPA 1999 | Any protective garments offering passing viral penetration resistance per ASTM F1671 with adequate integrity, strength, and durability for intended use | Lesser barrier clothing may result in contamination of underlying uniform or work clothing but may be suitable for light exposures. European equivalent: ISO 16604 at 3.5 kPa per EN 14126 ≈ ASTM F1671 and NFPA 1999 |

Minimum Decontamination Recommendations

- Utilize an EPA-registered disinfectant suitable for COVID-19 (minimum)
- Apply using an electrostatic sprayer for maximum coverage and minimal runoff
- Proper protective equipment should be worn when applying disinfection and/or decontamination solutions