

An Important Update from the Infection Prevention Team

Tips for More Comfortable PPE Use as of 8/11/20

To keep our employees safe and provide our clients care with the highest professional, ethical, and safety standards, all BAYADA clinicians are required to wear personal protective equipment (PPE) during all client interactions. We understand that your required PPE may be causing you some discomfort. So, we have created the following tips to help you feel as comfortable as possible while wearing PPE.

Face Shields

Note, goggles can be used as an alternative to face shields if the clinician prefers. Both require proper cleaning and disinfecting between uses. Please review the [Eye Protection Use and Reprocessing tool](#) for more information.



- **Vision impairment:** Remove the thin protective film from face shield prior using it the first time.
- **Looseness:** Place a disposable rubber band or elastic ponytail holder on the arms of the blue headbands for a tighter fit.
- **Fogging:** Apply a drop of dish soap and rub it onto both sides of the surface before rinsing it off. After the surfaces air-dry, the soap leaves a surfactant on the surface that prevents fogging. Some have also reported success with using toothpaste, shaving cream, baby shampoo, and Rain-X as anti-fogging methods.
- **Headaches:** Be intentional about hydrating and consuming your typical amount of caffeine. Set a reminder on your phone, or choose specific time intervals (eg, even-number hours), to take water breaks. Your headband should fit securely without being too tight, which could potentially cause headaches.
- **Dizziness:** If you wear progressive lenses, move your eyes, not your nose or head.
- **Overheating:** Carry cool beverages with you (eg, use a portable cooler). Take more frequent breaks to safely remove your eye protection and to cool down (eg, air conditioning in the client's home or in your car).

Masks

- **Shallow breathing:** Practice mindful breathing and remember to take breaks periodically to take some deep breaths.
- **Skin issues:** Consider not wearing makeup under your mask. Change your mask more frequently, especially if it becomes soiled. Address specific skin concerns with your dermatologist or your primary care provider. When wearing a cloth comfort mask (in the office setting or in the community when not providing client care), consider using a cotton mask.
- **Overheating:** Take more frequent breaks to remove your mask and consider changing your mask more often. Keeping your hair up and back and wearing cooling headbands can also help beat the heat. Make sure you are staying hydrated.
- **Headaches:** Be intentional about hydrating and consuming your typical amount of caffeine. Set a reminder on your phone, or choose specific time intervals (eg, even-number hours), to take water breaks.
- **Looseness:** Tie a knot on the ear loops or twist the ear loops to tighten the mask.

