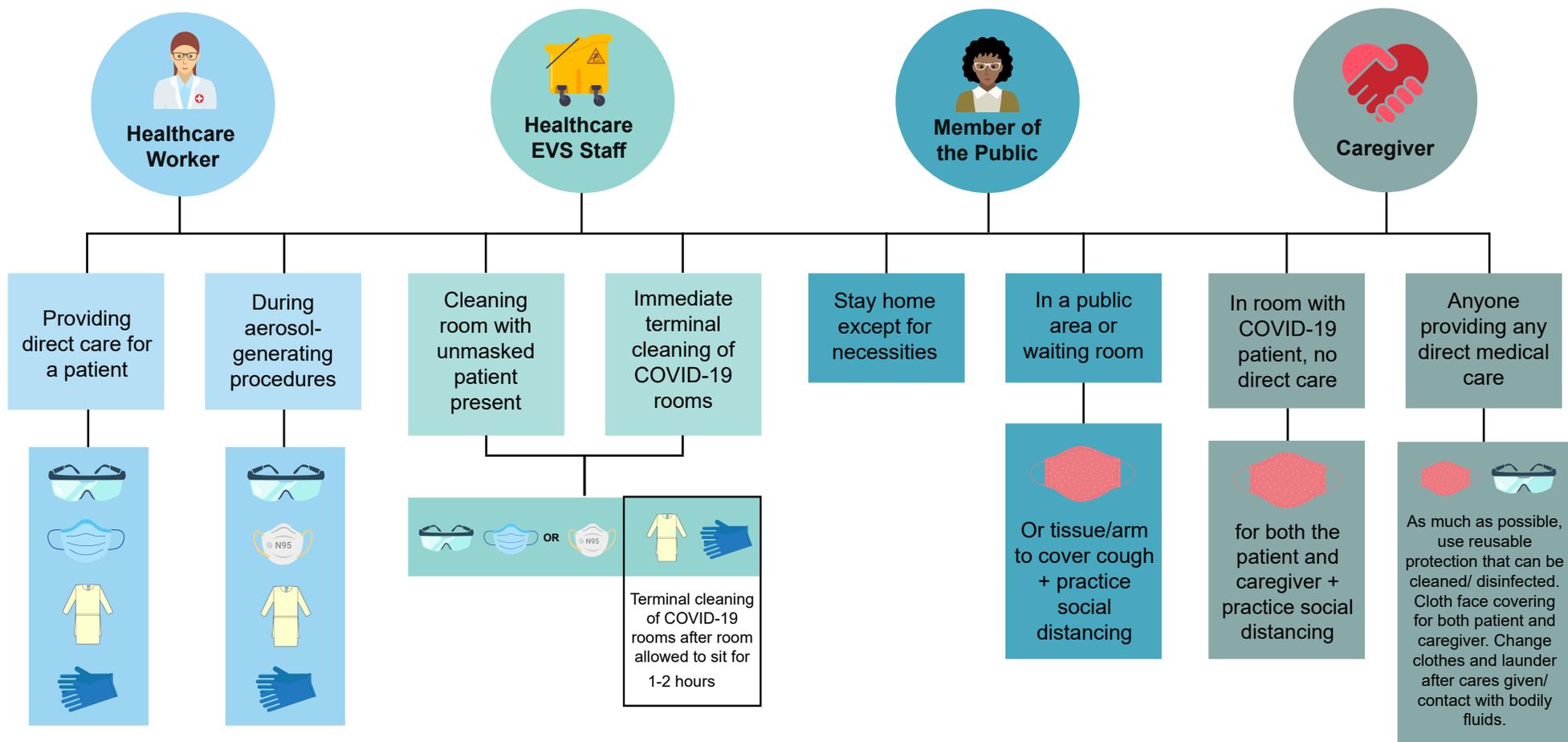


# COVID-19 – Personal Protective Equipment (PPE) Cheat Sheet

This infographic is designed to help explain when and what PPE is necessary when interacting with a person who is suspected or confirmed to have COVID-19. These guidelines show the “Preferred PPE” (all PPE available) but can be modified based on PPE actually available; please see the [KDHE COVID-19 Resource Center](#) for resources on optimization of PPE supplies as well as exposure risk levels based on PPE usage.

I may have close contact\* with patients infected with COVID-19 or related symptoms and want to know what PPE I need to wear. I am a...



## Definition of a Person who is a Close Contact

You are a "close contact" if any of the following situations happened while you spent time with a person with COVID-19, even if they didn't have symptoms:

- Were within 6 feet of the person for 10 consecutive minutes or more
- Had contact with the person's respiratory secretions (for example, coughed or sneezed on; kissed; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items).
- Live with the person or stayed overnight for at least one night in a house with the person.

The chance of spreading the virus is greater the longer an infected person or persons are close to someone. It also matters if the infected person is coughing, sneezing, singing, shouting, or doing anything else that produces more respiratory droplets that contain virus or if there are exposures to more than one infected person. Under these higher risk situations, you may want to consider a close contact someone who has been within 6 feet of an infectious person or persons for 10 cumulative minutes or more in a 24-hour period.

The final decision on what constitutes close contact is made at the discretion of public health.

Revised 10-29-2020

