

# Personal Protective Equipment Supplies

## PPE Resources

The provision of Personal Protective Equipment (PPE) is the responsibility of each agency as well as to provide training in order for the responder to utilize properly. Each agency needs to take the responsibility to purchase and maintain at least a 60 days supply of PPE supplies.

**Agencies should consider the purchase of surgical masks, gowns and respirators to protect their responders.**

National, state, regional, and county stockpiles and supply caches exist to supplement supplies when local supplies have been exhausted.

## DO NOT PLAN to access these caches as a primary source of PPE.

Distribution will be coordinated on the county/regional level through local public health, emergency management and MMRS.

## Stay Connected and Informed!

Ensure your agency receives and distributes information from the MN Department of Health. Contact your local public health agency to sign up for alerts and updates if this type of service is available.

[www.health.state.mn.us](http://www.health.state.mn.us)



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## Metro Region EMS System Infection Control Recommendations for Influenza Like Illnesses (ILI) For First Responder Agencies

### Pandemic (H1N1 Novel) Influenza

#### What is H1N1 novel influenza (formerly known as swine flu)?

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a new strain of influenza that can cause infection in humans and is easily transmitted.

#### What are the signs and symptoms of pandemic influenza?

The symptoms are similar to seasonal flu:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> fever (above 100°F) | <input checked="" type="checkbox"/> stuffy nose                          |
| <input checked="" type="checkbox"/> fast onset          | <input checked="" type="checkbox"/> body aches                           |
| <input checked="" type="checkbox"/> cough               | <input checked="" type="checkbox"/> in some cases, diarrhea and vomiting |
| <input checked="" type="checkbox"/> sore throat         |  |

#### How does influenza spread?

Influenza is spread when droplets from a person with flu coughs or sneezes are inhaled by another person or by touching something with flu viruses on it and then touching your eyes, nose, or mouth.

#### What can I do to protect myself from getting sick?

- **Cover** your nose and mouth with a tissue every time you cough or sneeze. If you don't have a tissue, sneeze or cough into your elbow sleeve.
- If tolerable, mask patients who are coughing/sneezing.
- **Wear** the appropriate personal protective equipment (PPE) for the task.
- **Wash** your hands often with soap and water or an alcohol-based hand cleaner **OFTEN!**
- **Avoid** touching your eyes, nose or mouth.
- **Get** a seasonal flu shot and when available, a pandemic flu vaccine.
- When possible, **avoid** close contact (3-6 foot distance) with people who are sick.
- **Frequently clean work area surfaces: telephones, computer boards, desktops, steering wheels, etc.**

#### What should I do if I get sick?

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuffy nose, you should:

- **Call** your healthcare provider to determine if you need to be evaluated.
- **Stay home! Do not go to work!** Avoid contact with other people as much as possible to keep from spreading your illness to others for at least 24 hours after fever/symptoms have gone away without medicine.