

# What to Do If You NEED Personal Protective Equipment (PPE)

Please find the information we have gathered to assist you to cope with the shortage of PPE. This list is not exhaustive and not to be substituted for the clinical guidance provided by any federal or state organization. At the time of this writing, it was a collection of resources to get you started in coping during the COVID-19 pandemic. NC AHEC is in no way endorsing this guidance.

Please note if you are in danger of closing your practice due to the lack of PPE, please notify your NC AHEC coach at [practicesupport@ncahec.net](mailto:practicesupport@ncahec.net) or your CCNC Provider Relations Representative at [ccncsupport@communitycarenc.org](mailto:ccncsupport@communitycarenc.org).

Here is a burn rate calculator to determine the amount of PPE you need. <https://www.ncdhhs.gov/divisions/public-health/covid19/covid-19-nc-case-count#ppe>

The NC goal is to have a 30-day supply on hand.

## How to let NC know you need PPE:

- Complete your Health Coalition Preparedness Survey sent by NC DHHS to your email around April 7, 2020. This is important for helping NC plan for providing you with PPE and services.
- Complete this request to expedite any potential supply. <https://www.ncdhhs.gov/divisions/public-health/covid19/health-care-providers-hospitals-and-laboratories/requesting-ppe>
  - Practices need to choose the option for “Other Health Care Facilities” <https://nc.readyop.com/fs/4cit/40fd>. Also, they must be able to attest that they are:
    - Using PPE for healthcare purposes
    - Have no other supply resources available and less than 4 day supplies remain
    - And are conserving supplies as much as possible.
  - Explanation of how the PPE in NC is being distributed. <https://files.nc.gov/ncdhhs/documents/files/covid-19/Guidelines-for-Allocation-of-Personal-Protective-Equipment-PPE.pdf>
- Here are some other options for securing PPE. We are NOT endorsing these organizations but have heard they might be options.
  - <https://medicalsupplyall.com/>
  - <https://www.additiveamerica.com/ppenowavailable>
  - <https://getusppe.org/>

The FDA has made recommendations for surgical masks and gowns found here. <https://www.fda.gov/medical-devices/letters-health-care-providers/surgical-mask-and-gown-conservation-strategies-letter-healthcare-providers>

If you are out of gowns, you should consider following the guidance from the CDC and SPICE:

1. CDC: Isolation Gowns Crisis Capacity Strategies has this link to help determine strategies to make do until you can obtain more isolation gowns. If you keep scrolling down, you can see what you could use as a substitute for a gown (long sleeve patient gowns and lab coats are mentioned) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/isolation-gowns.html#crisis-capacity>
2. If patients are offering to make gown for you, you might consider giving them this guidance for materials. <https://www.cdc.gov/infectioncontrol/guidelines/environmental/background/laundry.html#g6>
3. Since you might be using something you may have to launder, be sure to wash it at the hottest temperature possible for the fabric and dry thoroughly. Here is the guidance from CDC under Laundry. <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
4. NC DHHS and SPICE give similar strategies for gown extension and replacement. <https://files.nc.gov/ncdhhs/documents/files/covid-19/Long-Term-Care-Toolkit-gown.pdf>

If you are out of procedural facemasks (not N95 respirators):

1. CDC: Facemasks Crisis Capacity Strategies has this link to help determine strategies to make do until you can obtain more facemasks. If you keep scroll down, you can see what you should do when no facemasks are available. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html#crisis-capacity>
2. NC DHHS and SPICE give similar strategies for facemask extended use and replacement when nothing else is available. <https://files.nc.gov/ncdhhs/documents/files/covid-19/Long-Term-Care-Facemask-Use.pdf>

If you are out of N95 respirators, there are currently no options for substitution:

1. Here are the conservation strategies outlined by the CDC. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html#crisis>
2. Be careful of counterfeit masks. See this article on the CDC. <https://www.cdc.gov/niosh/npptl/usernotices/counterfeitResp.html>