

ADULT

SELF-CARE DECONTAMINATION PROTOCOL

Training Guide: Self-Care Decontamination MADE Simple

Move → Assist → Disrobe & Decontaminate → Evaluate

Move people away from the contaminant to a safe area 100 metres upwind, using buddies for assistance.

Assist and help each other in pairs or teams of buddies.

Disrobe & Decontaminate: wipe off exposed hair and skin and remove outer garments as quickly as possible.

Evaluate by Escorting to an area of shelter and evaluate the need for further decontamination, medical and or psychosocial supports.

Self-Care Decontamination Protocol: *WITHOUT* Self-Care Decontamination Kits

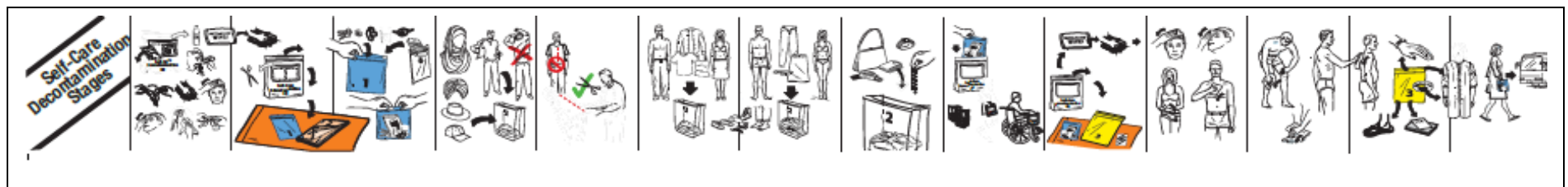
	RESPONDER: INSTRUCTIONS	CASUALTIES: ACTIONS
MOVE	<p>Responder must remain 5 metres upwind from casualties at all times</p> <p>Stay together and immediately move 100 metres upwind/uphill</p> <p>Do not leave the area: you are safer here where we can help you</p>	<p>Casualties move quickly and calmly 100 metres upwind/uphill</p>
ASSIST	<p>Assist each other to move away from danger</p> <p>Leave no one behind. Everyone get a buddy</p>	<p>Casualties assist each other to move away from danger forming buddy teams to ensure no one is left behind</p>
DISROBE & DECONTAMINATE	<p>Wipe exposed skin & hair and blow nose; concentrate on airways, mouth and eyes</p> <p>Wipe glasses and leave on if necessary</p> <p>Remove footwear and outer clothing down to underwear</p> <p>Nothing over the head – cut off clothes from the back if possible; cut or rip from waist up and off from the front</p> <p>Leave clothing on the ground</p> <p>Move 5 metres upwind away from discarded clothing to protect from off-gassing</p> <p>Wipe down all exposed skin and each other’s backs</p>	<p>Using whatever is available casualties wipe off hair, exposed skin and clear noses</p> <p>Wipe off glasses and leave on if required</p> <p>Casualties remove footwear and outer garments down to undergarments</p> <p>If possible do not pull clothing over the head; cut or rip garments from the back and from waist up to neck pulling off from the front</p> <p>Casualties move 5 metres upwind from discarded clothing</p> <p>Casualties wipe down exposed hair and skin from top to bottom, front and each buddy will wipe each other’s back</p>
EVALUATE	<p>Move to shelter/triage where HazMat and medical specialists together with psychosocial workers will conduct evaluation for discharge</p>	<p>Casualties move together to an area of shelter for further medical and decontamination evaluation</p>

Self-Care Decontamination Protocol: *WITH* Self-Care Decontamination Kits

	RESPONDER: INSTRUCTIONS	CASUALTIES: ACTION
MOVE	<p>Remain 5 metres from casualties at all times</p> <p>Stay together and move 100 metres upwind/uphill</p> <p>Do not leave the area: you are safer here where we can help you</p>	Casualties quickly and calmly move 100 metres upwind/uphill
ASSIST	<p>Assist each other to move away from danger</p> <p>Leave no one behind. Everyone get a buddy</p>	Casualties assist each other to move away from danger forming buddy teams to ensure no one is left behind
DISROBE & DECONTAMINATE	<ul style="list-style-type: none"> • Do not take anything by mouth until advised by medical staff • Use Sudecon® wipes from bag exterior to wipe exposed hair and exposed skin from top down and blow nose. (concentrate on airways, mouth and eyes). Then wipe with water wipes • Rinse eyes if irritated using eye-wash bottle in exterior pocket of Kit. Flush out from bridge of nose towards outer face • Wipe glasses and leave on if necessary • Remove footwear & outer clothing down to underwear. Nothing over the head – using scissors, cut off clothes from behind cutting up from the waist. Assist each other as necessary • Place cell phone with display side facing outward into [Blue cell phone] bag along with valuables, keys, medications, etc. Seal bag and do not reopen it • Seal clothing into Clear Bag #2 • Move quickly with remaining bag and [cellphone bag] 5 metres upwind away from discarded clothing • Wipe hands clean using water wipes • Wipe clean all exposed hair and skin moving in one direction top to bottom front and back • With fresh cloth assist buddy by wiping his/her back • Discard wipes on ground or into Orange Bag • Re-robe and place ID bracelet on wrist from Bag #3 • Wrap in foil blanket • Seek assistance from others as necessary 	
EVALUATE	Move to shelter/triage taking cell phone bag and FAQ pamphlet with you	Move together to shelter for further medical and decontamination evaluation

Additional Key Points

- Decontamination can be stressful. Reassure every casualty and communicate clearly with eye contact.
- Inform casualties not to leave the scene to avoid contaminating others and to have the best chance of proper and efficient decontamination.
- First Responder must remain at least 5 metres upwind away from casualties at all times.
- Use the buddy system to reassure, encourage and recognize the signs of stress and/or injury.
- Use psychosocial workers, decontamination doll (when available) and have casualties inform their family/friends they are okay and not to attend the scene.
- If kits are available to HazMat teams, provide pre- and post-shower bags and give families the option to shower together regardless of gender.
- Engage gross decontamination with utmost care: essential to request medical assessment consultation before proceeding whenever possible.



100 metres upwind ----- Immediate and most critical steps -----

Move <5 metres further upwind and clean to shelter

