

Sequence for Donning

PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. Protect YOUR BODY

- Ensure the gown covers the torso from neck to knees;
- Arms to end of wrists;
- Wraps around the sides to fasten at neck and back.



2. Protect YOUR FACE

- Create a curve in the flexible band for the nose bridge and expand the mask;
- Secure the ties or elastics at the middle of the head and neck, or fasten the ear loops;
- Fit it snugly to your face and below your chin. Fit check the N95 and P2 mask;
- Place the face shield or eyewear over the face and eyes and adjust to fit.



3. Protect YOUR HANDS

- Extend the cuffs to cover the wrist of the gown;
- Limit the surfaces touched;
- Change gloves when torn or heavily contaminated;
- Perform hand hygiene as required.



Finally **STOP** and **CHECK** all PPE is in place.



Sequence for Doffing

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Remember! Outside and front of your PPE including the sleeves of the gown are contaminated.

If hands become visibly contaminated during PPE removal, wash hands before continuing.

1. Remove GLOVES

- Grasp outside of glove with opposite hand, peel off;
- Hold removed glove in gloved hand;
- Slide fingers of ungloved hand under remaining glove at wrist;
- Peel glove off over first glove;
- Discard gloves in waste container;
- Perform hand hygiene.



2. Remove EYEWEAR

- To remove, handle by headband or ear pieces;
- Place in designated receptacle for reprocessing or in waste container.



3. Remove GOWN

- Unfasten ties;
- Pull away from neck and shoulders, touching inside of gown only;
- Turn gown inside out;
- Fold or roll into a bundle and discard in waste container.



4. Remove FACE MASK

- Remove by handling the bottom ties or elastics first, before the top ties or elastics;
- Discard in waste container.



5. Perform HAND HYGIENE

- Wash hands with soap and water or use an alcohol-based hand rub immediately after removing PPE.