

# Donning Personal Protective Equipment (PPE)

## ❖ Gown

- ◆ Fully cover torso from neck to knees, arms to ends of wrists, and wrap around the back.



## ❖ Isolation Mask,

### N95 Respirator/PAPR\*/CAPR\*\*

- ◆ Secure ties or elastic bands at middle of head and neck.
- ◆ Fit flexible band to nose bridge.
- ◆ Fit snug to face and below chin.
- ◆ Fit-check respirator.
- ◆ If using PAPR/CAPR, refer to training instructions.



## ❖ Goggles or Face Shield

- ◆ Place over face and eyes and adjust to fit.



## ❖ Gloves

- ◆ Extend gloves to fully cover wrist.
- ◆ Cover wrist of isolation gown, if worn.



Use safe work practices to protect yourself and limit the spread of contamination.

- ❖ Keep hands away from face.
- ❖ Change gloves when torn or contaminated.
- ❖ Perform hand hygiene.
- ❖ Change mask or respirator when wet or soiled.



**The type of PPE will vary based on the level of precautions required, e.g., Standard, Contact, Droplet or Airborne Precautions.**

# Removing Personal Protective Equipment (PPE)

## ❖ Gloves

- ◆ Outside of gloves is contaminated!
- ◆ Grasp outside of glove with opposite gloved hand, peel off.
- ◆ Hold removed glove in gloved hand.
- ◆ Slide fingers of ungloved hand under remaining glove at wrist without touching outside of glove.
- ◆ Peel glove off over first glove.
- ◆ Discard gloves in waste container.
- ◆ If wearing gown and gloves — can remove together (see gown removal).



## ❖ Goggles or Face Shield

- ◆ Outside of goggles or face shield is contaminated!
- ◆ To remove, handle by head band or ear pieces.
- ◆ Clean according to facility guidelines, place in designated receptacle for reprocessing or discard in waste container.



## ❖ Gown

- ◆ Gown front and sleeves are contaminated!
- ◆ Use clean hands to unfasten back ties (if needed).
- ◆ Pull away from neck and shoulders; break neck/back ties.
- ◆ Turn gown inside out. Can remove gloves with gown.
- ◆ Fold or roll into a bundle and discard.



## ❖ Isolation Mask, N95 Respirator/PAPR\*/CAPR\*\*

- ◆ Front of mask/respirator is contaminated - **do not touch!**
- ◆ Grasp bottom, then ties or elastics and remove.
- ◆ Discard in waste container.



## ❖ Hand Hygiene

- ◆ Perform hand hygiene after removal of PPE.

\*PAPR — Powered Air Purifying Respirator

\*\*CAPR — Controlled Air Purifying Respirator