

How to Put On (Don) Personal Protective Gear: 5/21/20

More than one donning method may be acceptable. Training and practice using your healthcare facility's procedure is critical.

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct, if needed.
2. **Perform proper hand washing technique or good hand hygiene using hand sanitizer.**
3. **Put on isolation gown, if needed.** Tie all of the ties on the gown. Assistance may be needed by other healthcare personnel.
4. **Put on N95 filtering face piece respirator.** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.*
 - o **N95/Respirator:** Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
 - o **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
5. **Put on face shield or goggles.** Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. **Perform hand hygiene before putting on gloves.** Gloves should cover the cuff (wrist) of gown.
7. **Healthcare personnel may now proceed to work in the home/office.**

How to Take Off (Doff) PPE Gear

More than one doffing method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of doffing.

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle. *
3. **Perform proper hand washing technique or good hand hygiene using hand sanitizer.**
4. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
5. **Remove and place respirator (or facemask if used instead of respirator) in designated brown paper bag.** Do not touch the front of the respirator or facemask.*

- **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
 - **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.
6. **Perform proper hand washing technique or good hand hygiene using hand sanitizer after removing the respirator/facemask and before putting it on again if your workplace is practicing reuse.***

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