**How to put on (don) your personal protective equipment (PPE)**

1. **Perform hand hygiene**
   - Wash hands with soap and water or use an alcohol-based hand rub

2. **Put on gown**
   - Close gown using ties or Velcro closures at the back of the neck and waist

3. **Put on mask/respirator**
   - Secure ties or elastic bands at the middle of the head and neck
   - If loops at side of mask/respirator, secure over your ears
   - Ensure mask/respirator is fitted snug to face and below chin
   - If using a P2/N95 respirator, conduct a fit check. Always refer to the manufacturers’ instructions for fit checking of individual brands and types of respirators.

4. **Put on protective eyewear / face shield**
   - Place protective eyewear / face shield over eyes/face and adjust to fit

5. **Put on gloves**
   - Extend to cover cuff of long-sleeved gown
**How to take off (doff) your personal protective equipment (PPE)**

**Important:** Remove all PPE before exiting the patient room except your mask/respirator

1. **Remove gown and gloves**
   - Gown front and sleeves and the outside of the gloves are contaminated – **DO NOT TOUCH**
   - Grasp gown in the front and pull away from your body so that the ties break, touching the outside of the gown only with gloved hands
   - While removing the gown, fold or roll the gown inside-out into a bundle
   - As you are removing the gown, peel your gloves off at the same time, only touching the inside of the gloves and gown with your bare hands
   - Place gown and gloves into a waste bin or receptacle

2. **Perform hand hygiene**
   - Wash hands with soap and water or use an alcohol-based hand rub

3. **Remove protective eye wear**
   - Outside of protective eye wear or face shield is contaminated – **DO NOT TOUCH**
   - Remove protective eye wear or face shield from the back (if has elastic band) or by the side arms without touching the front of the eye wear / shield.
   - If disposable – place into a waste bin or receptacle
   - If non-disposable – place into receptacle designed for reprocessing

4. **Remove mask/respirator**
   - Front of mask/respirator is contaminated – **DO NOT TOUCH**
   - Grasp bottom ties or elastic band of the mask/respirator, then the ones at the top
   - Remove without touching the face
   - Dispose of mask/respirator into waste bin or receptacle

5. **Perform hand hygiene**
   - Wash hands with soap and water or use an alcohol-based hand rub.

Adapted from CDC Guideline for isolation precautions [www.cdc.gov/infectioncontrol/guidelines/isolation](http://www.cdc.gov/infectioncontrol/guidelines/isolation)


If you are concerned, call the **Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

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