How to **put on (don)** and **take off (doff)** your personal protective equipment (PPE)

<table>
<thead>
<tr>
<th>Important: Put on all PPE before entering the patient zone</th>
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</table>
| 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 surgical mask/respirator**  
- Secure ties or elastic bands at the middle of the head and neck. If loops at side of mask, secure over your ears  
- Fit flexible band to nose bridge  
- Ensure mask 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 |

Adapted from CDC Guideline for isolation precautions  
<www.cdc.gov/infectioncontrol/guidelines/isolation>
**How to take off (doff) your personal protective equipment (PPE)**

**Important:** Remove all PPE before exiting the patient zone

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
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| 1. Remove gloves | - Outside of gloves are contaminated – Do Not Touch  
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove  
- Hold removed glove in gloved hand  
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove  
- Discard 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 gown | - Gown front and sleeves are contaminated – Do Not Touch  
- Unfasten gown ties, taking care that sleeves don’t contact your body when reaching for ties  
- Pull gown away from neck and shoulders, touching inside of gown only  
- Turn gown inside out  
- Fold or roll into a bundle and discard into a waste bin or receptacle |
| 4. Perform hand hygiene | - Wash hands with soap and water or use an alcohol-based hand rub |
| 5. 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  
- Perform hand hygiene if hands become contaminated |
| 6. Remove surgical mask/respirator | - Front of mask is contaminated – DO NOT TOUCH  
- Ties – undo bottom tie first then the top  
- Loops – remove loops from around ears  
- Pull mask away from face without touching the mask  
- Dispose of mask into a waste bin or receptacle |
| 7. Perform hand hygiene | - Wash hands with soap and water or use an alcohol-based hand rub |


**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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