



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

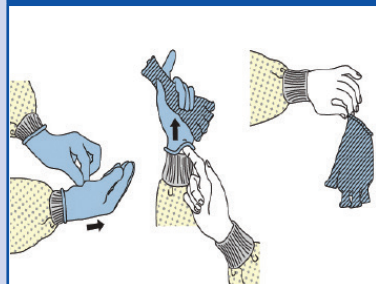
## How to put on (don) your personal protective equipment (PPE)

**Important:** Put on all PPE before entering the patient zone

	<p><b>1. Perform hand hygiene</b></p> <p>Wash hands with soap and water or use an alcohol-based hand rub</p>
	<p><b>2. Put on gown</b></p> <p>Close gown using ties or Velcro closures at the back of the neck and waist</p>
	<p><b>3. Put on surgical mask/respirator</b></p> <ul style="list-style-type: none"> <li>Secure ties or elastic bands at the middle of the head and neck. If loops at side of mask, secure over your ears</li> <li>Fit flexible band to nose bridge</li> <li>Ensure mask is fitted snug to face and below chin</li> <li>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</li> </ul>
	<p><b>4. Put on protective eyewear / face shield</b></p> <p>Place protective eyewear / face shield over eyes/face and adjust to fit</p>
	<p><b>5. Put on gloves</b></p> <p>Extend to cover cuff of long-sleeved gown</p>

# How to take off (doff) your personal protective equipment (PPE)

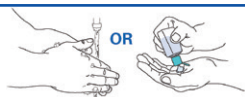
**Important: Remove all PPE before exiting the patient zone**



## 1. Remove gloves

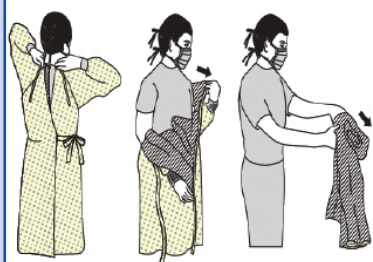
### • Outside of gloves are contaminated – Do Not Touch

- 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

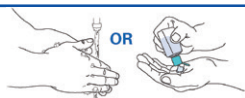
- Wash hands with soap and water or use an alcohol-based hand rub



## 3. Remove gown

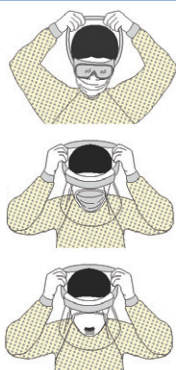
### • Gown front and sleeves are contaminated – Do Not Touch

- 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

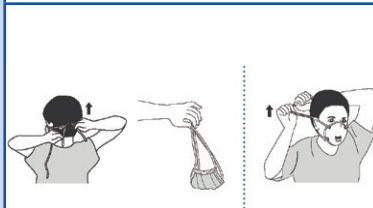
- Wash hands with soap and water or use an alcohol-based hand rub



## 5. Remove protective eye wear

### • Outside of protective eye wear or face shield is contaminated – Do Not Touch

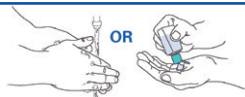
- Remove protective eye wear or face shield from the back (if has elastic band) or by the side arms without touching the front of the eye wear / shield.
- If disposable – place into a waste bin or receptacle
- If non-disposable – place into receptacle designed for reprocessing
- Perform hand hygiene 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

Find out more [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

If you are concerned, call the

**Coronavirus hotline 1800 675 398 (24 hours)**

**Please keep Triple Zero (000) for emergencies only**

To receive this publication in an accessible format email [COVID-19@dhhs.vic.gov.au](mailto:COVID-19@dhhs.vic.gov.au)

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