



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

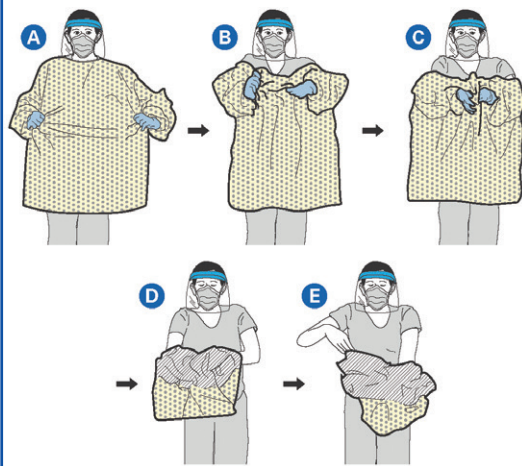
How to put on (don) your personal protective equipment (PPE)

Important: Put on all PPE before entering the patient zone

	<p>1. Perform hand hygiene</p> <p>Wash hands with soap and water or use an alcohol-based hand rub</p>
	<p>2. Put on gown</p> <p>Close gown using ties or Velcro closures at the back of the neck and waist</p>
	<p>3. Put on surgical mask/respirator</p> <ul style="list-style-type: none"> • 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
	<p>4. Put on protective eyewear / face shield</p> <p>Place protective eyewear / face shield over eyes/face and adjust to fit</p>
	<p>5. Put on gloves</p> <p>Extend to cover cuff of long-sleeved gown</p>

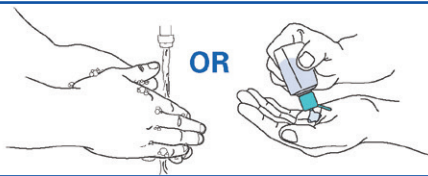
How to take off (doff) your personal protective equipment (PPE)

Important: Remove all PPE before exiting the patient zone



1. Remove 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



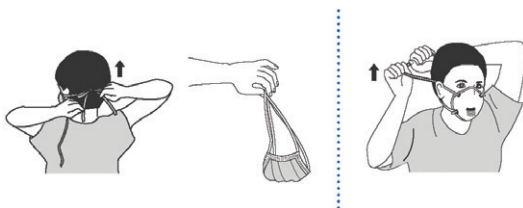
2. Perform hand hygiene

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



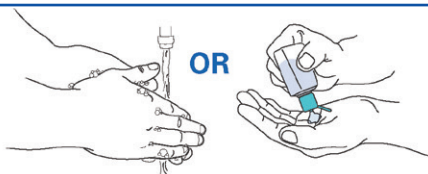
3. Remove protective eye wear

- 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 surgical 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.

Find out more 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

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Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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