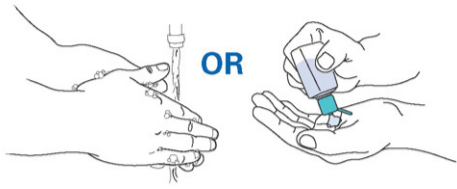


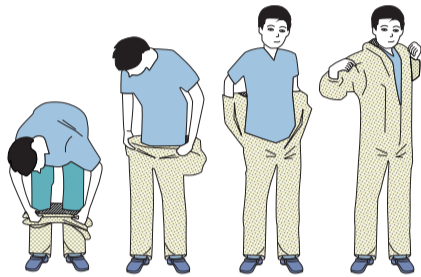
How to put on (don) your PPE coveralls



1

Perform hand hygiene

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



2

Put on coveralls*

- Unzip the coveralls.
- Step into the coveralls while holding the top.
- Pull coveralls up over waist and insert arms into sleeves.
- Pull coveralls up over shoulders once arms are in.
- Fasten the zip all the way to the top.



3

Put on surgical mask or P2/N95 respirator

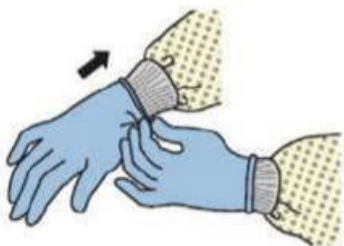
- Secure ties or elastic bands at the middle of the head and neck.
- Fit flexible band to nose bridge, ensuring the mask is snug to face and below chin.
- Conduct a fit check if using a P2/N95 respirator. (Always refer to the manufacturers' instructions for individual brands/types of respirators)



4

Put on protective eyewear/face shield

- Adjust protective eyewear/face shield over eyes and face.



5

Put on gloves

- Extend gloves to cover the cuffs of the coveralls.

***Note:** Hood use is not required for infection prevention; if a hood is present, it is safest to tuck it in.

***Note:** Footwear may need to be removed to step into coveralls; perform hand hygiene before and after touching footwear.

For any questions

Coronavirus hotline 1800 675 398 (24 hrs)

Please keep Triple Zero (000) for emergencies.

To receive this document in another format phone **1300 651 160** using the National Relay Service **13 36 77** if required, or **email the Department of Health**.

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