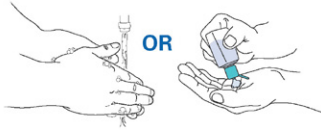


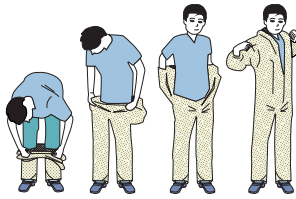
# How to put on (don) your PPE coveralls



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

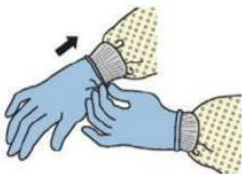
- Secure ties or elastic bands at the middle of the head and neck.
- Fit flexible band to nose bridge, ensuring the mask is snug to face and below chin.
- Conduct a fit check if using a P2/N95 respirator. (Always refer to the manufacturers' instructions for individual brands/types of respirators)



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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