



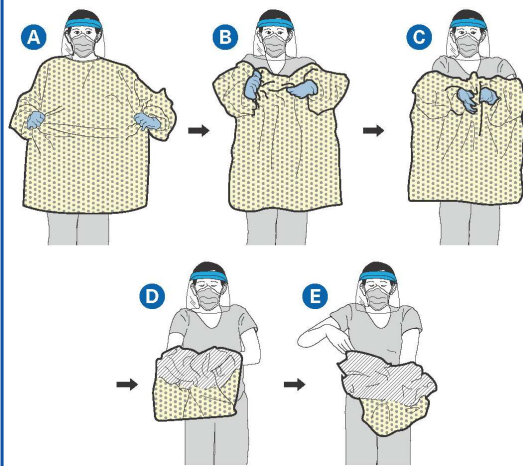
How to put on (don) and take off (doff) your personal protective equipment (PPE)

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

	<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 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/respirator, secure over your ears • Ensure mask/respirator 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>

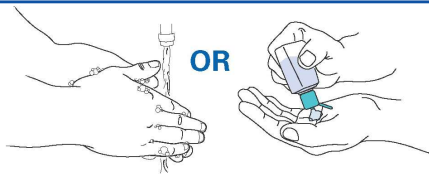
How to take off (doff) your personal protective equipment (PPE)

Important: Remove all PPE before exiting the patient room except your mask/respirator



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



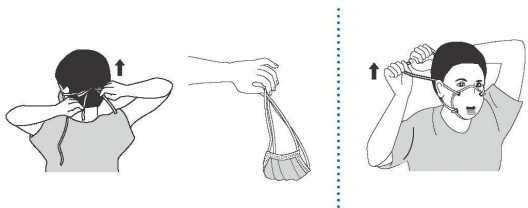
2. Perform hand hygiene

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



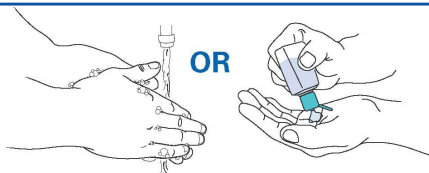
3. Remove protective eye wear

- 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 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.

Adapted from CDC Guideline for isolation precautions <www.cdc.gov/infectioncontrol/guidelines/isolation>

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

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au

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