How to PUT ON personal protective equipment (PPE)

1. **WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY BEFORE PUTTING ON ALL PPE**
   - Wash hands or use an alcohol-based hand sanitiser immediately before putting on all PPE.

2. **GOWN**
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
   - Fasten at back of neck and waist.

3. **SURGICAL MASK**
   - Secure ties or elastic bands at middle of head and neck.
   - Fit flexible band to nose bridge.
   - Fit snug to face and below chin.

4. **EYE PROTECTION**
   - Place over eyes and adjust to fit.

5. **GLOVES**
   - Extend to cover wrist of gown.

**USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION**
- Keep hands away from face.
- Change gloves when torn or heavily contaminated.
- Limit surfaces touched.
- Perform hand hygiene.

How to safely REMOVE personal protective equipment (PPE)

1. **GLOVES**
   - The outside of your gloves are contaminated! If your hands get contaminated during glove removal, immediately wash them or use an alcohol-based hand sanitiser.
   - Use one gloved hand to grasp the palm area of the other gloved hand. 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 in a clinical waste container.
   - Perform hand hygiene.

2. **EYE PROTECTION**
   - The outside of your eye protection is contaminated! If your hands get contaminated during removal, immediately wash them or use an alcohol-based hand sanitiser.
   - Remove eye protection from the back by lifting ear pieces.
   - If the eye protection is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a clinical waste container.
   - *If using integrated mask/eye protection, skip step 2.*

3. **GOWN**
   - The outside of your gown front and sleeves are contaminated! If your hands get contaminated during gown removal, immediately wash them or use an alcohol-based hand sanitiser.
   - 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 in a clinical waste container.
   - Perform hand hygiene.

4. **SURGICAL MASK**
   - The front of your mask is contaminated — **DO NOT TOUCH!** If your hands get contaminated during mask/respirator removal, immediately wash them or use an alcohol-based hand sanitiser.
   - Grasp bottom ties or elastics of the mask, then the ones at the top, and remove without touching the front.
   - Discard in a clinical waste container.

5. **WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY AFTER REMOVING ALL PPE**
   - Perform hand hygiene between steps if hands become contaminated and immediately after removing all PPE.

6. **DISINFECTION OF ROOM**
   - Leave room closed and vacant after patient has left.
   - Wear gown and gloves and wipe down all hard surfaces with virucidal disinfectant.
   - Reusable eye protection should be cleaned with virucidal disinfectant.
   - Medical equipment that has touched the patient must be wiped down with a virucidal disinfectant.
   - Dispose of wiping agent in clinical waste container. Perform hand hygiene.