## Steps for Donning and Doffing Personal Protective Equipment (PPE)

### Donning PPE

1. **Perform Hand Hygiene (15 seconds minimum)**  
   - With alcohol based hand rub, or if hands are visibly soiled use soap and water instead.

2. **Put on Gown**  
   - Tie neck and waist ties securely at back of neck and back of waist.

3. **Put on Mask/N95 Respirator**  
   - Place mask over nose and under chin.  
   - Secure ties, loops or straps.  
   - Mold metal piece to your nose bridge.  
   - **For N95 respirator**, perform seal-check.

4. **Put on Protective Eyewear (if not already attached to mask)**  
   - Put on eye protection and adjust to fit.  
   - If wearing an N95 respirator, you will need to add eye protection.

5. **Put on Gloves**  
   - Put on gloves, taking care not to tear or puncture glove.  
   - If a gown is worn, the glove fits over the gowns cuff.
# Doffing PPE

1. **Remove Gloves**
   - **Remove gloves using a glove-to-glove/skin-to-skin technique.**
   - With one gloved hand, grasp the other gloves outside edge near the wrist and peel away, removing the glove inside-out.
   - With bare finger, reach under the second glove and peel away, removing it inside-out.
   - Discard immediately into waste receptacle.

2. **Remove Gown**
   - Remove gown in a manner that prevents contamination of clothing or skin.
   - Start by untying the gown at the waist and neck.
   - Starting at the neck ties, the outer, “contaminated”, side of the gown is pulled forward and turned inward, then rolled off the arms into a bundle.
   - Discard immediately into dirty laundry hamper in a manner that minimizes air disturbance.

3. **Perform Hand Hygiene (15 seconds minimum)**
   - With alcohol based hand rub, or if your hands are visibly dirty use soap and water instead.

4. **Remove Eye Protection**
   - Arms of goggles are considered to be “clean” and may be touched with hands.
   - The front of the goggles is considered to be “contaminated”.
   - Remove eye protection by handling arms of goggles only.
   - Discard into receptacle or somewhere appropriate to be cleaned
   - Eyewear must be cleaned by the individual after each use.

5. **Remove Mask/N95 Respirator**
   - Ear loops/straps are considered “clean” and may be touched with hands.
   - The front of the mask/respirator is considered to be “contaminated”.
   - Grasp straps or loops and pull forward off the head, bending forward to allow mask/respirator to fall away from the face.
   - Discard immediately into waste receptacle.

6. **Perform Hand Hygiene (15 seconds minimum)**
   - With alcohol based hand rub, or if your hands are visibly dirty use soap and water instead.