Sequence for Donning and Doffing Personal Protective Equipment (PPE)

SEQUENCE FOR DONNING PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. **HAND HYGIENE** – Perform hand hygiene prior to placing PPE
2. **GOWN** - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back. Fasten in back of neck and waist
3. **MASK OR RESPIRATOR** - Secure ties or elastic bands at middle of head and neck. Fit flexible band to bridge of nose. Fit snug to face and below chin. Fit-check respirator
4. **GOGGLES OR FACE SHIELD** - Place over face and eyes and adjust to fit
5. **GLOVES** - Extend to cover wrist of isolation gown
   - Keep hands away from face
   - Limit surfaces touched
   - Change gloves when torn or heavily contaminated
   - Perform hand hygiene

SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. **GLOVES** - Outside of gloves is contaminated! Grasp outside of glove with opposite gloved hand; peel off. Hold removed glove in gloved hand. Slide fingers of ungloved hand under remaining glove at wrist. Peel glove off over first glove. Discard gloves in waste container.
2. **GOGGLES OR FACE SHIELD** - Outside of goggles or face shield is contaminated! To remove, handle by head band or ear pieces. Place in waste container.
3. **GOWN** - Gown front and sleeves are contaminated! Unfasten ties. Pull away from neck and shoulders, touching inside of gown only. Turn gown inside out. Fold or roll into a bundle and discard.
4. **MASK OR RESPIRATOR** - Front of mask/respirator is contaminated. DO NOT TOUCH! Grasp bottom, then top ties or elastics and remove. Discard in waste container.
5. **HAND HYGIENE** – Perform hand hygiene after removing PPE

Resources:
VNA of the Midlands, Omaha, Nebraska
www.cdc.gov

This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 1150W-GPQIN-NE-HHIP-16/1017