



## 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

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