

## 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](http://www.cdc.gov)