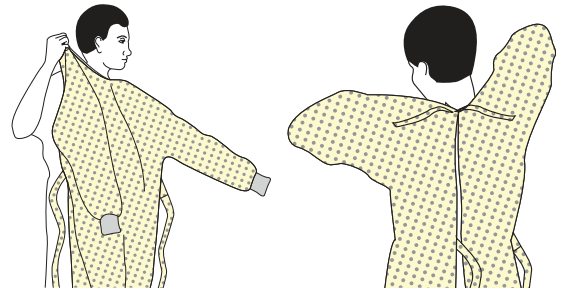


# How to Put On Personal Protective Equipment (PPE)

## Step 1: Gown

- Make sure the gown covers the front part of your body from neck to your knees, arms to the end of your wrists, and wraps around your back (no skin or clothing should be seen).
- Slip collar of gown over your head, insert arms into sleeves, and thumbs through thumb loops. Tie in back at waist.
- Ask a nurse to help you if you cannot tie your gown.



## Step 2: Mask

- Secure mask ear loops over ears.
- Fit the nose band snugly over the bridge of your nose.
- Make sure mask fits snug to face and below chin.



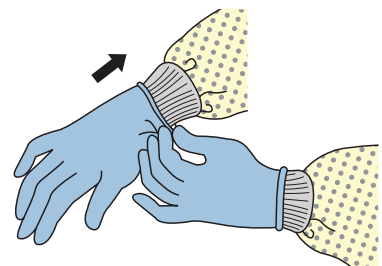
## Step 3: Faceshield

- Place over face and eyes and adjust as needed.



## Step 4: Gloves

- Make sure your gloves cover your thumbloops, wrists, and gown. (no skin or clothing should be seen).



## Use Safe Practices to Protect Yourself and Others

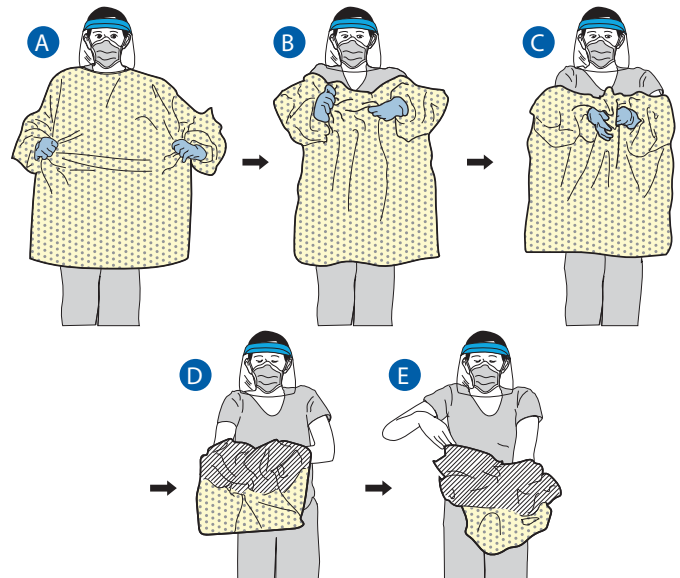
- Keep hands away from face.
- Limit surfaces touched.
- Change gloves when torn or heavily contaminated.
- Perform hand hygiene before putting on PPE, after taking off PPE, and between glove changes.

# How to Safely **Take Off** Personal Protective Equipment (PPE)

Once you are outside of the patient's room, safely take off the PPE without spreading germs to your clothing, skin, eyes, nose, or mouth. Your mask will be the last item to be removed. Put your PPE in the trash can in the hallway outside of the patient's room. **Be sure to follow Steps 1 through 4 in order.**

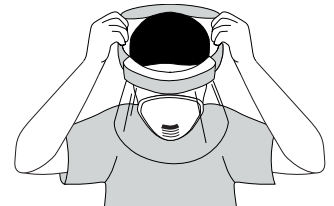
## Step 1: Gown and Gloves

- Remember your gown and gloves have germs on them!
- If your hands touch the outside of your gloves or gown, immediately use the alcohol sanitizer in the hallway to clean your hands.
- With your gloves on, place each hand on the opposite shoulder and firmly pull away from your body to break the neck collar.
- While removing the gown, fold or roll the gown away from you inside out and break the waist ties.
- While removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands.
- Put your gown and gloves in the trash can in the hallway outside of the patient's room.



## Step 2: Faceshield

- The outside of your faceshield has germs on it. **Do Not Touch!**
- If your hands touch the outside of your faceshield, immediately use alcohol sanitizer in the hallway.
- Take off your faceshield from the back by lifting the headband without touching the front or sides of the faceshield.
- Put your faceshield in the trash can in the hallway outside of the patient's room.



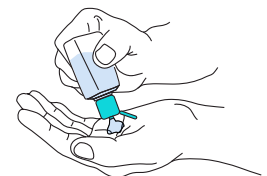
## Step 3: Mask

- The front of your mask has germs on it. **Do Not Touch!**
- If your hands touch the outside of your mask, immediately use alcohol sanitizer in the hallway to clean your hands.
- Without touching the front of your mask, remove mask by grasping and lifting ear loops off your ears.
- Put your mask in the trash can in the hallway outside of the patient's room.



## Step 4:

- Use alcohol sanitizer after taking off all PPE.
- Carefully put on a new mask after all PPE is removed and your hands are clean.



**Perform hand hygiene between steps if your hands touch the outside of your PPE and intermediately after taking off all PPE.**

