How to Put on and Take off Droplet and Contact PPE

Droplet and Contact Precaution: How to Put on PPE

1. Perform Hand Hygiene

- Clean hands with soap and water OR a hand sanitizer with at least 60% alcohol for at least 15 seconds.



2. Put on Isolation Gown

- Tie neck and waist ties securely.



3. Put on Surgical/Procedure Mask

- Place mask over nose and mouth.
- Secure it behind your ears.
- Adjust the mask to ensure your nose and mouth are fully covered.
- Bend metal to fit at top of nose.



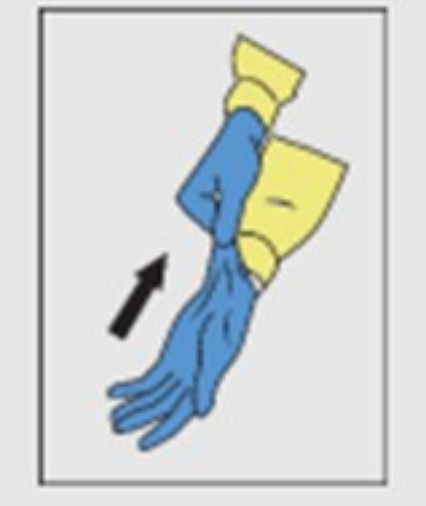
4. Put on Eye Protection

- Examples of eye protection include goggles and face shield.
- Put on eye protection and adjust to fit.
- Face shield should fit across forehead.



5. Put on Gloves

- Put on gloves, taking care not to tear or puncture gloves
- Pull gloves over gown sleeves



Droplet and Contact Precaution: How to Take off PPE

1. Remove Gloves

- Pull outside edge near wrist and peel away, rolling glove inside out.
- Place fingers under other glove and roll inside out.
- Put into a garbage bag.



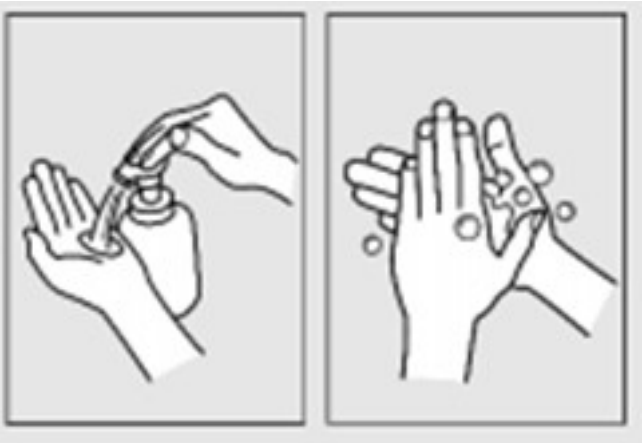
2. Remove Gown

- Untie or break the waist ties first, then the neck ties.
- Reach up to the shoulders and carefully peel gown off shoulders and away.
- Turn the contamination side towards the inside, bundle and discard it into a garbage bag.



3. Perform Hand Hygiene

- Use a hand sanitizer with at least 60% alcohol for at least 15 seconds.



4. Remove Eye Protection

- Carefully take off eye protection without touching the front, which is considered dirty.
  Straps of goggles or face shield are considered clean.
  Put in a garbage bag, if disposable, otherwise follow instructions for cleaning/disinfection.



5. Remove Surgical/Procedure Mask

- Use the ear loops to remove mask from face in a downward direction and put into a garbage bag.





6. Perform Hand Hygiene

- Clean hands with soap and water OR a hand sanitizer with at least 60% alcohol for at least 15 seconds.



7. Discard Garbage Bag

- Tie up the garbage bag before placing it in a lined garbage bin



Adopted from: Public Health Ontario, PPE and Non-Medical Masks in Congregate Living Settings https://www.publichealthontario.ca/-/media/documents/ncov/cong/2020/06/covid-19-ppe-non-medical-masks-congregate-living-settings.pdf?la=en [1]

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