## Donning PPE

### Step 1: Hand hygiene
- Remove jewellery – ensure bare below the elbows.
- Perform hand hygiene.

### Step 2: Fitting gown
- Put the gown on so that your front and arms are fully covered and gown opening is at the back.
- Fasten ties at the neck and at the back.

### Step 3: Apply and fit mask – surgical mask for droplet precautions
- Metal band fitted across bridge of nose.
- Secure ties / earloops.

### Step 4: Fitting goggles or face shield
- Position goggles over eyes or face shield over face.
- Adjust if necessary.

### Step 5: Hand hygiene
- Perform hand hygiene.

### Step 6: Fitting gloves
- Fit gloves, ensuring the cuffs are covered.

## Doffing PPE

### Step 1: Removing gloves
- Remove by gripping at cuffs.
- Immediately dispose of gloves in general waste.
- Perform hand hygiene.

### Step 2: Removing gown
- With clean hands untie gown.
- Touching only the inside of the gown, pull from neck and shoulders, then arms, turning inside out as gown is removed.
- Roll gown into bundle and discard in general waste.
- Perform hand hygiene.

### Step 3: Removing eyewear
- Remove eyewear by handling sides or back only.
- Discard or reprocess with disinfectant wipes, store dry.
- Perform hand hygiene.

### Step 4: Removing mask
- Remove mask by only handling at ties, then discard in general waste.
- Perform hand hygiene.