**Personal Protective Equipment (PPE)**

**Donning PPE**
*(Before entering the patient room)*

1. **Hand hygiene**
   - Remove jewellery - Ensure bare below the elbows
   - Perform hand hygiene

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

3. **Apply and fit mask - surgical mask for droplet precautions**
   - Metal band fitted across bridge of nose

4. **Fitting goggles or face shield**
   - Position goggles over eyes or face shield over face
   - Adjust if necessary

5. **Fit gloves over cuff of gown**
   - Fit gloves, adjusting at the cuffs

**Doffing PPE**
*(remove gown and gloves at doorway, mask and eyewear in anteroom or outside room)*

1. **Removing and disposing of gloves**
   - Remove by gripping at cuffs
   - Immediately dispose of gloves in appropriate waste
   - Perform hand hygiene

2. **Removing and disposing of 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 appropriate waste
   - Perform hand hygiene

3. **Removing and disposing of goggles/face shield**
   - Remove eyewear by handling sides or back only
   - Discard or reprocess with disinfectant wipes, store dry
   - Perform hand hygiene

4. **Removing and disposing of mask**
   - Remove mask by only handling at ties, then discard in appropriate waste
   - Perform hand hygiene

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Text courtesy of the Australian Government Department of Health