**COVID-19 PPE**

**How do I safely wear my PPE?**

More than one method of donning and doffing may be acceptable. Refer to your healthcare facility’s guidance.

1. **Wash hands.** Perform hand hygiene with soap and water or alcohol-based hand sanitizer.

2. **Put on mask.**
   - Straps should be secured at the crown of the head and base of the neck, or behind the ears.
   - Fit the nosepiece by pressing with both hands to form around the nose.
   - Ensure mask fits tightly to the face and extends below the chin.
   
   **Seal Check**
   - If wearing a respirator, perform a seal check. Cup your hands around the mask. If respirator fails to collapse or airflow is detected around the mask, readjust until a proper seal is obtained.

3. **Put on face shield or goggles.**
   - If you wear glasses under your face shield or goggles, fogging can be reduced by washing lenses with soap and water.

4. **Put on isolation gown.**
   - Gown should cover neck to knees and arms to wrists. Secure all ties or buttons.

5. **Put on gloves.** Extend to cover the wrist of the gown.

**Donning**

**Hand Hygiene**

1. Wash hands.
2. Put on mask.
3. Put on face shield or goggles.
4. Put on isolation gown.
5. Put on gloves.

**Doffing**

1. Remove gloves.
2. Remove gown.
3. Remove face shield or goggles.
4. Remove mask.
5. Wash hands.

Consider having someone observe your donning and doffing to ensure appropriate steps are followed.

If hands become contaminated during doffing (such as by contacting the outside of the PPE), immediately perform hand hygiene before resuming doffing.

Disposable PPE can be discarded in regular trash unless heavily soiled with blood or other bodily fluids.

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