

Personal Protective Equipment (PPE) for Aerosol Generating Medical Procedures (AGMP)

Doffing (taking off) Instructions



island health

Current PPE recommendations for COVID-19 or suspected COVID-19 patients.



1. Untie the side tie of the gown.
2. Cross your arms to grab the gown and pull forward so the neck straps break away. Avoid touching the skin.
3. Using a rolling motion, grab the exposed side of the sleeve and glove on one arm to remove both in one motion.



4. Remove the other sleeve and glove with your free hand, only touching the inside of the gown.
5. Continue rolling gown away from the body until removed. Dispose in the garbage.
6. Perform hand hygiene.
7. Remove face shield (or goggles) from the back (using both hands) by lifting head band up and over the top of the head and away from the face.



8. Perform hand hygiene.
9. Remove the N95 mask by pulling the bottom strap over the back of the head, followed by the top strap, without touching the mask and discard in the waste container. See over for *How to Properly Put on and Take off a Disposable Respirator*.



10. Perform hand hygiene.

Note: The above steps will be performed within the anteroom. For those rooms without an ante room, perform steps 1-6 within the patient room by the door and steps 7-10 will be performed right outside the door. Ensure Alcohol Hand Rub is available outside the room along with a covered, pedal operated garbage bin.

How to Properly Put on and Take off a Disposable Respirator

WASH YOUR HANDS THOROUGHLY BEFORE PUTTING ON AND TAKING OFF THE RESPIRATOR.

If you have used a respirator before that fit you, use the same make, model and size.

Inspect the respirator for damage. If your respirator appears damaged, DO NOT USE IT. Replace it with a new one.

Do not allow facial hair, hair, jewelry, glasses, clothing, or anything else to prevent proper placement or come between your face and the respirator.

Follow the instructions that come with your respirator.¹

Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Checking Your Seal²



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.

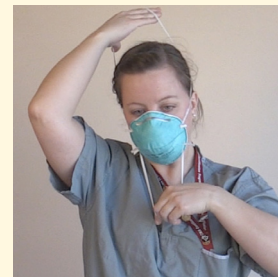


If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container. WASH YOUR HANDS!

¹The content in this document was adapted for Island Health's use from source material created by Centers for Disease Control and Prevention and is otherwise available on the [CDC website](https://www.cdc.gov) at no charge. Use of this material does not indicate endorsement by CDC, ATSDR, HHS or the United States Government.