

Personal Protective Equipment (PPE) for Droplet & Contact Precautions

Donning (putting on) Instructions



1. **Gather PPE:** gown, gloves, mask, and eye protection.



2. **Perform hand hygiene.**



3. **Put on gown,** pulling the neck strap over your head.



4. **Secure gown** at waist with side ties.



5. **Place mask over your face,** securing it with the ear loops.



6. Ensure the mask is covering your nose and mouth. Smooth the wire over the bridge of your nose to ensure a proper fit.



Alternate mask and eye protection donning



Surgical mask - secure with ear loops, ensure mask is covering your nose and mouth. Smooth wire over the bridge of your nose.



Face shield or goggles - put on face shield or goggles and adjust to fit.



7. **Perform hand hygiene.**



8. **Secure gown sleeves** by putting thumbs through the thumb loops.



9. **Put on gloves,** securing them over the wrists of the gown.



Doffing (taking off) Instructions



1. **Remove gown.** Untie the side tie of the gown.



2. Cross your arms to grab the back of 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 mask.** Grab ear loops and pull mask away from your face.



8. Without touching the outside of the mask, discard in the garbage.

Alternate mask and eye protection doffing



Face shield (or goggles) - remove face shield from the back (using both hands) by lifting head band up and over the top of the head and away from the face.



Perform hand hygiene.



Surgical mask - grab ear loops and pull mask away from face. Without touching the outside of the mask, discard in the garbage.



9. **Perform hand hygiene.**