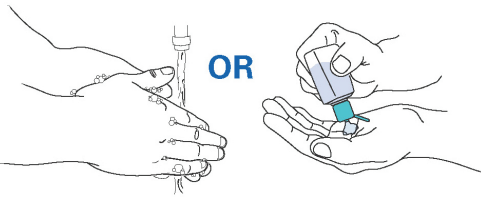
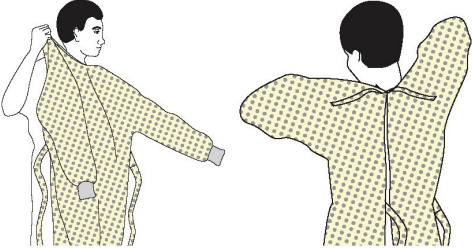


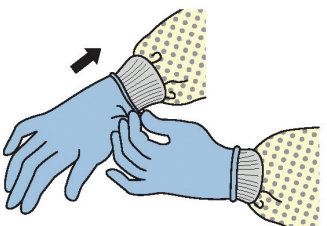
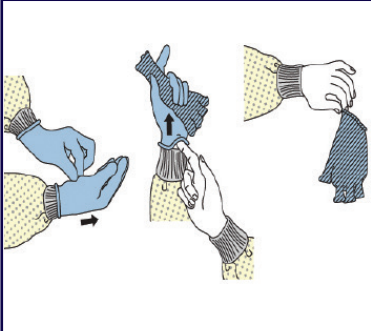
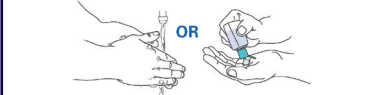


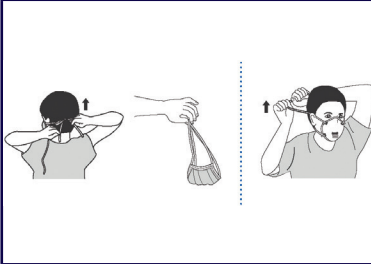



# How to put on (don) and take off (doff) your personal protective equipment (PPE)

## How to put on (don) your personal protective equipment (PPE)

| Important: Put on all PPE before entering the patient zone                          |  |
|---|--|
|    | <p><b>1. Perform hand hygiene</b></p> <p>Wash hands with soap and water or use an alcohol-based hand rub</p>   |
|   | <p><b>2. Put on gown</b></p> <p>Close gown using ties or Velcro closures at the back of the neck and waist</p>   |
|  | <p><b>3. Put on surgical mask/respirator</b></p> <ul style="list-style-type: none"><li>• Secure ties or elastic bands at the middle of the head and neck. If loops at side of mask, secure over your ears</li><li>• Fit flexible band to nose bridge</li><li>• Ensure mask is fitted snug to face and below chin</li><li>• If using a P2/N95 respirator, conduct a fit check. Always refer to the manufacturers' instructions for fit checking of individual brands and types of respirators</li></ul> |
|  | <p><b>4. Put on protective eyewear / face shield</b></p> <p>Place protective eyewear / face shield over eyes/face and adjust to fit</p>  |
|  | <p><b>5. Put on gloves</b></p> <p>Extend to cover cuff of long-sleeved gown</p>  |

# How to **take off (doff)** your personal protective equipment (PPE)

| <b>Important: Remove all PPE before exiting the patient zone</b>                    |   |
|---|---|
|    | <p><b>1. Remove gloves</b></p> <ul style="list-style-type: none"> <li>• <b>Outside of gloves are contaminated – Do Not Touch</b></li> <li>• Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove</li> <li>• Hold removed glove in gloved hand</li> <li>• Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove</li> <li>• Discard gloves into a waste bin or receptacle</li> </ul>   |
|    | <p><b>2. Perform hand hygiene</b></p> <ul style="list-style-type: none"> <li>• Wash hands with soap and water or use an alcohol-based hand rub</li> </ul>   |
|    | <p><b>3. Remove gown</b></p> <ul style="list-style-type: none"> <li>• <b>Gown front and sleeves are contaminated – Do Not Touch</b></li> <li>• Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties</li> <li>• Pull gown away from neck and shoulders, touching inside of gown only</li> <li>• Turn gown inside out</li> <li>• Fold or roll into a bundle and discard into a waste bin or receptacle</li> </ul>  |
|   | <p><b>4. Perform hand hygiene</b></p> <ul style="list-style-type: none"> <li>• Wash hands with soap and water or use an alcohol-based hand rub</li> </ul>   |
|  | <p><b>5. Remove protective eye wear</b></p> <ul style="list-style-type: none"> <li>• <b>Outside of protective eye wear or face shield is contaminated – Do Not Touch</b></li> <li>• Remove protective eye wear or face shield from the back (if has elastic band) or by the side arms without touching the front of the eye wear / shield.</li> <li>• If disposable – place into a waste bin or receptacle</li> <li>• If non-disposable – place into receptacle designed for reprocessing</li> <li>• Perform hand hygiene if hands become contaminated</li> </ul> |
|  | <p><b>6. Remove surgical mask/respirator</b></p> <ul style="list-style-type: none"> <li>• <b>Front of mask is contaminated – DO NOT TOUCH</b></li> <li>• Ties – undo bottom tie first then the top</li> <li>• Loops – remove loops from around ears</li> <li>• Pull mask away from face without touching the mask</li> <li>• Dispose of mask into a waste bin or receptacle</li> </ul>  |
|  | <p><b>7. Perform hand hygiene</b></p> <ul style="list-style-type: none"> <li>• Wash hands with soap and water or use an alcohol-based hand rub</li> </ul>   |

**Display this poster at donning / doffing stations.**

Available at <[www.health.vic.gov.au/covid-19/how-to-put-on-don-and-take-off-doff-your-ppe](http://www.health.vic.gov.au/covid-19/how-to-put-on-don-and-take-off-doff-your-ppe)>

To receive this document in another format email <[COVID19InfectionControl@health.vic.gov.au](mailto:COVID19InfectionControl@health.vic.gov.au)>

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