

# Sequence for Taking off Personal Protective Equipment (PPE)

Always perform hand hygiene before, between steps, or if your hands become contaminated, and immediately after removing all PPE.

1



## GLOVES AND GOWN

- With gloved hands, grasp the front of the gown and pull it away from your body so that the ties are broken.
- Pull the gown down around your hands so that the gloves are covered by the gown
- Fold or roll the gown into a bundle and peel off the gloves at the same time. The gown and gloves will be inside out.
- Discard the gloves and gown in a waste container.



2



## GOGGLES OR FACESHIELD

- Remove the goggles or face shield from the back of your head by lifting the head band or earpieces.
- If the item is reusable, place it in a designated receptacle for preprocessing. Otherwise, discard it in a waste container.



3



## MASK OR RESPIRATOR

- Grasp the bottom ties or elastics of the mask or respirator, then the ones at the top, and remove it without touching the front.
- Discard it in a waste container.