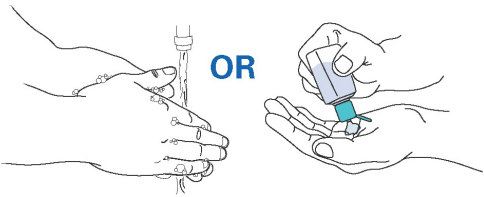
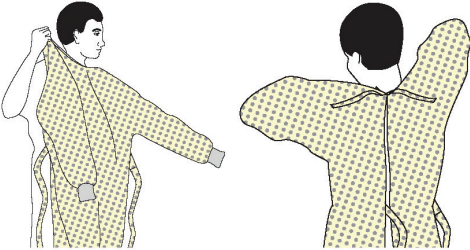


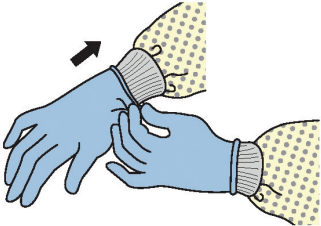




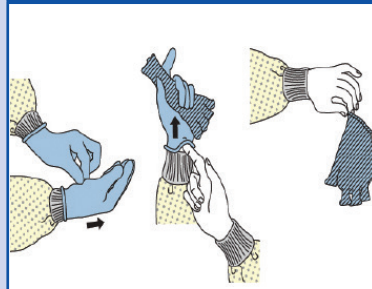
How to put on (don) and take off (doff) your personal protective equipment (PPE)

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

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

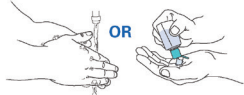
How to take off (doff) your personal protective equipment (PPE)

Important: Remove all PPE before exiting the patient zone



1. Remove gloves

- **Outside of gloves are contaminated – Do Not Touch**
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves into a waste bin or receptacle



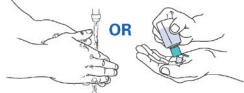
2. Perform hand hygiene

- Wash hands with soap and water or use an alcohol-based hand rub



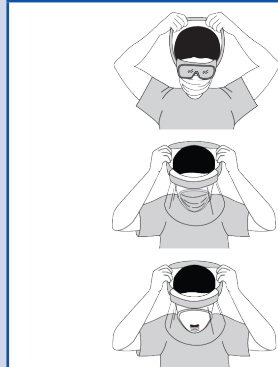
3. Remove gown

- **Gown front and sleeves are contaminated – Do Not Touch**
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard into a waste bin or receptacle



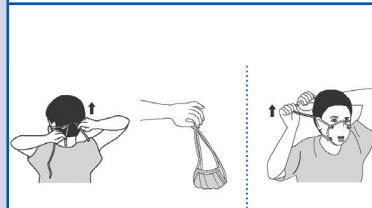
4. Perform hand hygiene

- Wash hands with soap and water or use an alcohol-based hand rub



5. Remove protective eye wear

- **Outside of protective eye wear or face shield is contaminated – Do Not Touch**
- 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.
- If disposable – place into a waste bin or receptacle
- If non-disposable – place into receptacle designed for reprocessing
- Perform hand hygiene if hands become contaminated



6. Remove surgical mask/respirator

- **Front of mask is contaminated – DO NOT TOUCH**
- Ties – undo bottom tie first then the top
- Loops – remove loops from around ears
- Pull mask away from face without touching the mask
- Dispose of mask into a waste bin or receptacle



7. Perform hand hygiene

- Wash hands with soap and water or use an alcohol-based hand rub

Find out more www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email <COVID19InfectionControl@dhhs.vic.gov.au>

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