

Taking off (Doffing) Personal Protective Equipment (PPE)

1 Gloves

- Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside-out.
- Slide an ungloved finger or thumb under the wrist of the remaining glove.
- Peel the glove off and over the first glove, making a bag for both gloves.

- ◆ Hold the glove in the opposite gloved hand.
- ◆ Put the gloves in the garbage.

2 HAND HYGIENE

- Using an alcohol-based hand rub is the preferred way to **clean your hands**.
- If your hands look or feel dirty, soap and water must be used to wash your hands.

3 Gown

- Carefully unfasten ties.
- Grasp the outside of the gown at the back of the shoulders and pull the gown down over the arms.
- Turn the gown inside out during removal.

- ◆ Put in hamper or, if disposable, put in garbage.

4 HAND HYGIENE

- ◆ **Clean your hands.** (See No. 2)
- ◆ Exit the patient room, close the door and **clean your hands** again.

5 Eye protection or face shield

- ◆ Handle only by headband or ear pieces.
- ◆ Carefully pull away from face.
- ◆ Put reusable items in appropriate area for cleaning.
- ◆ Put disposable items into garbage.

6 Mask or N95 respirator

- ◆ Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
- ◆ Start with the bottom tie, then remove the top tie.
- ◆ Throw the mask in the garbage.

There are different styles of N95 respirators but all styles have the same basic steps for doffing.

7 HAND HYGIENE

- ◆ **Clean your hands.** (See No. 2)

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