Donn and Doff Your PPE Safely

Donning Sequence

1. Hand Hygiene



2. Gown



3. Mask or Respirator



4. Goggles or Face Shield



5. Gloves



- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated

Doffing Sequence

1. Gown & Gloves



- Touch outside of the gown with gloved hand
- Grasp the gown and pull away from your body
- Fold or roll down inside-out into a bundle
 - Remove gloves at the same time by only touching the inside of the gloves and gown with bare hands

2. Hand Hygiene



3. Goggles or Face Shield



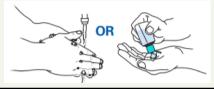
Remove from the back by lifting head band

4. Mask or Respirator



Grasp bottom
ties/elastics, then
the one at the
top. Avoid
touching face
when removed

5. Hand Hygiene



Ref: CDC