Donn and Doff Your PPE Safely

**Donning Sequence**

1. **Hand Hygiene**
   - Keep hands away from face
   - Limit surfaces touched
   - Change gloves when torn or heavily contaminated

2. **Gown**
   - 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

3. **Mask or Respirator**

4. **Goggles or Face Shield**

5. **Gloves**
   - OR

**Doffing Sequence**

1. **Gown & Gloves**
   - Remove from the back by lifting head band
   - Grasp bottom ties/elastics, then the one at the top. Avoid touching face when removed

2. **Hand Hygiene**

3. **Goggles or Face Shield**

4. **Mask or Respirator**

5. **Hand Hygiene**

Ref: CDC

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