

## **Fact Sheet**

# **Sequence For Putting on and Removing Personal Protective Equipment (PPE)**

### **Important Points to Remember:**

- PPE must be put on correctly before entering the room of a person with COVID-19.
- PPE must stay on and be worn correctly when working in a contaminated area.
- Do not adjust PPE while completing care. (Example: adjusting face mask, retying a gown).
- Remove PPE slowly in a sequence that prevents self-contamination.
- There is more than one acceptable way to put on and remove PPE. The following is an example of one acceptable way.

### **Procedure for Putting on PPE Before Entering the Room of Someone with COVID-19:**

- Gather the proper PPE needed.
  - Face shield or goggles (Goggles provide protection for eyes but might fog easily)
  - N-95 respirator, or face mask (if N-95 respirator not available)
  - Clean, non-sterile gloves
  - Isolation gown (Select appropriate size)
- Perform hand hygiene.
- Put on isolation gown, tying all areas of the gown.
- If available, put on an N-95 filtering face piece respirator.
  - Position respirator straps at the crown of the head and the back of the neck.
  - Use both hands to position nosepiece; do not pinch the nosepiece with one hand.
  - Ensure mask covers mouth, nose and under chin.
- If N-95 respirator is not available, put on face mask.
  - If mask has ties, ensure top tie is secured at top of head and bottom tie is secured at base of neck.
  - If face mask has loops, ensure loops are secured properly around ears.
- Put on face shield or goggles.
  - Face shields cover entire face.
- Put on gloves.
  - Ensure gloves cover cuffs at wrists of isolation gown.
- May now enter room of person with COVID-19.

## Procedure for Removing PPE Before and After Exiting Room of Person with COVID-19:

- Remove gloves properly to ensure contamination of hands does not occur. One way to do this is:
  - Use gloved hand to grasp glove on other hand near the wrist and remove glove.
  - Hold removed glove in gloved hand.
  - Slide fingers of ungloved hand under wrist of glove on gloved hand and remove glove so that it covers first glove.
  - Discard gloves in trash bin.
- Gently remove gown. (Forceful removal of gown might promote contamination.)
  - Untie all ties; some ties may be designed to be broken instead of untied.
  - Starting at the shoulder, carefully pull the gown away from the body in a downward motion. Rolling gown from shoulder down is acceptable also.
  - Discard gown in trash bin.
- Exit from room.
- Perform hand hygiene.
- Remove goggles or face shield by grabbing strap and pulling upwards from head.
  - Do not touch front of face shield or goggles.
- Carefully remove N-95 respirator or face mask.
  - Do not touch front of N-95 respirator or face mask.
  - Remove N-95 respirator by gently bringing straps over top of head and pulling N-95 respirator away from face.
  - Remove face mask by gently untying or unhooking straps and pulling mask away from face.
- Wash hands with soap and water or use alcohol-based hand sanitizer.

### References:

Centers for Disease Control and Prevention (CDC). (n.d.). How to Remove Gloves. Retrieved on May 21, 2023, from <https://www.cdc.gov/vhf/ebola/resources/pdfs/poster-how-to-remove-gloves-P.pdf>

Centers for Disease Control and Prevention (CDC). (2020, June 3). *Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19*. Retrieved on May 15, 2023, from [https://www.cdc.gov/coronavirus/2019-ncov/downloads/A\\_FS\\_HCP\\_COVID19\\_PPE.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/A_FS_HCP_COVID19_PPE.pdf)

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