

## Quick guide

COVID-19

### Putting on (donning) personal protective equipment (PPE) for aerosol generating procedures (AGPs)

This is undertaken outside the patient's room.

#### Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

Perform hand hygiene before putting on PPE

#### 1 Put on the long-sleeved fluid repellent disposable gown



#### 2 Respirator Perform a fit check.



#### 3 Eye protection



#### 4 Gloves



## Quick guide

COVID-19

### Removal of (doffing) personal protective equipment (PPE) for aerosol generating procedures (AGPs)

PPE should be removed in an order that minimises the potential for cross contamination.

The order of removal of PPE is as follows:

#### 1 Gloves – the outsides of the gloves are contaminated



#### 2 Gown – the front of the gown and sleeves will be contaminated



#### 3 Eye protection – the outside will be contaminated



#### 4 Respirator Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated



#### 5 Wash hands with soap and water

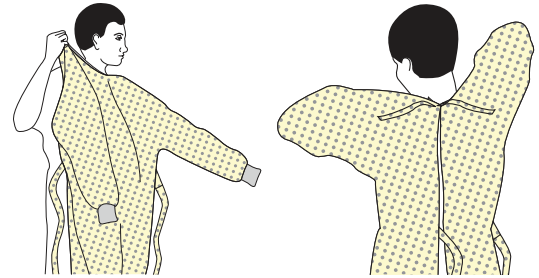


# SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

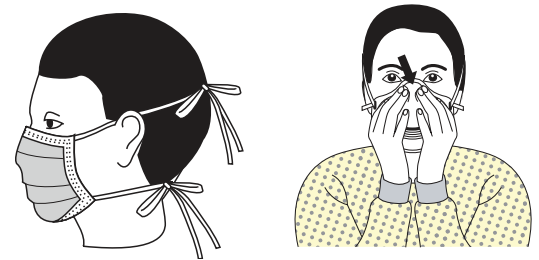
## 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



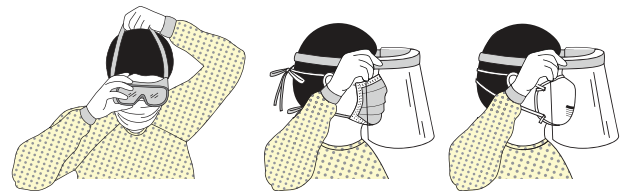
## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



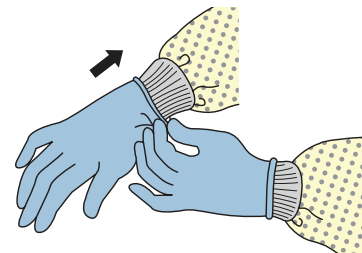
## 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



## 4. GLOVES

- Extend to cover wrist of isolation gown



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

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



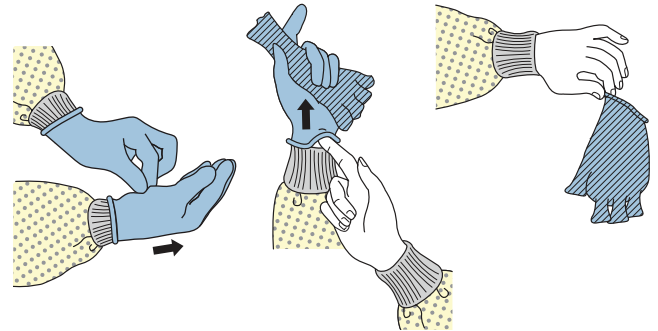
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- 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 in a waste container



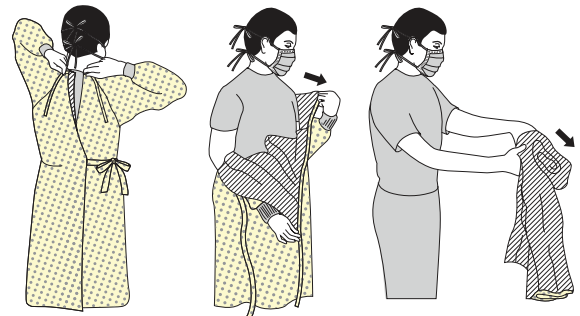
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



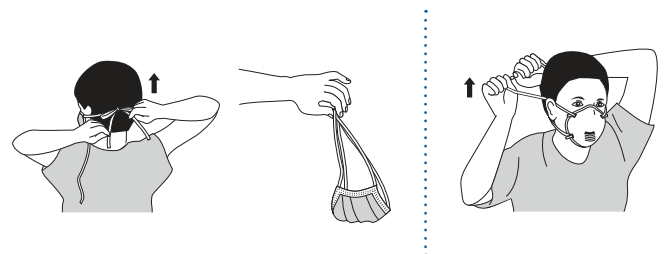
### 3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- 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 in a waste container

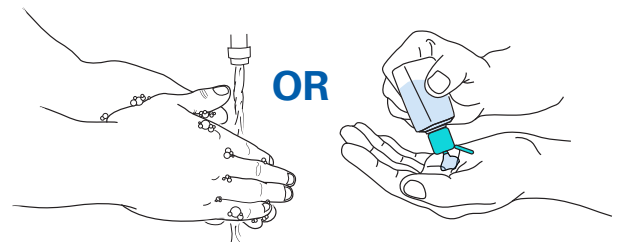


### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**

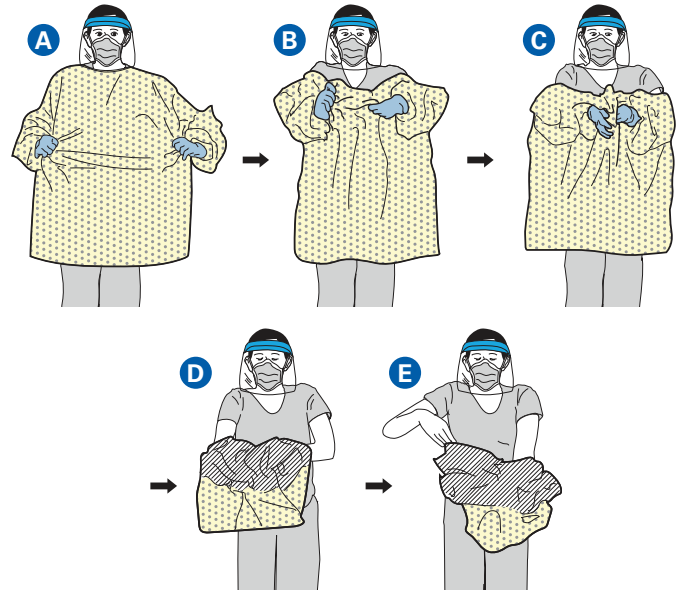


# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

## 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



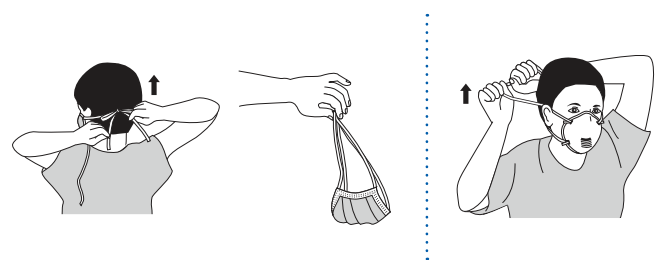
## 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

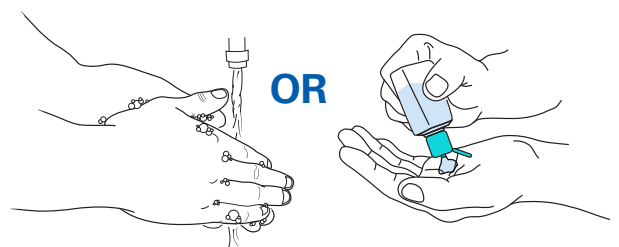


## 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



## 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



# HOW TO GUIDE – PUTTING ON PPE FOR CONTACT/DROPLET PRECAUTIONS

## 1 Perform hand hygiene

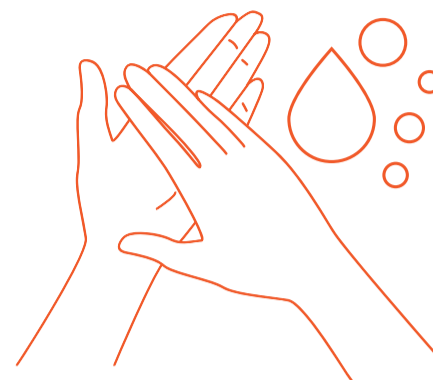
### Alcohol based handrub

Rub hands for 20–30 seconds.

or

### Water and soap

Wash hands for 40–60 seconds.



## 2 Put on the gown



## 3 Put on the mask

Medical mask.



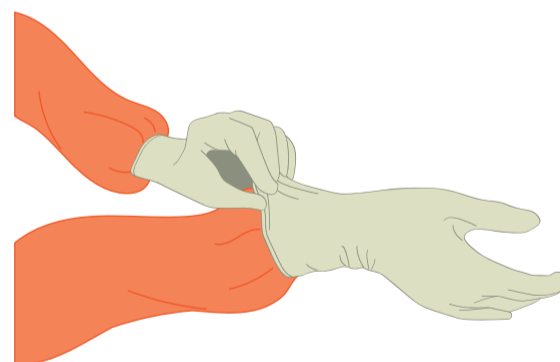
## 4 Put on eye protection

Put on face shield or goggles.



## 5 Put on gloves

Ensure glove is placed over the cuff of the gown.



## Full PPE

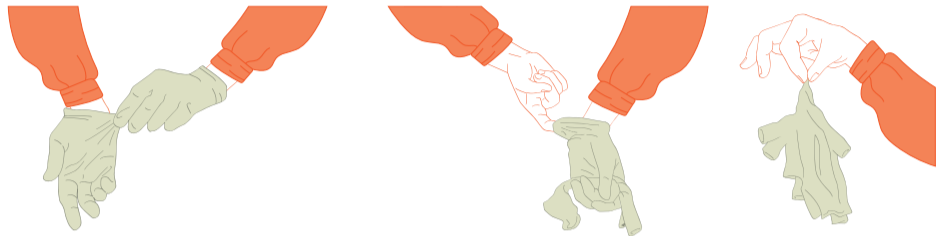


# HOW TO GUIDE – TAKING OFF PPE FOR CONTACT/DROPLET PRECAUTIONS

Ensure that infectious waste containers are available for safe disposal of PPE. Separate containers should be available for reusable items.

Order is important

## 1 Remove gloves



## 2 Remove the gown

Ensure gown is pulled away from the body during removal and that clothing does not become contaminated and dispose of them safely.



## 3 Perform hand hygiene

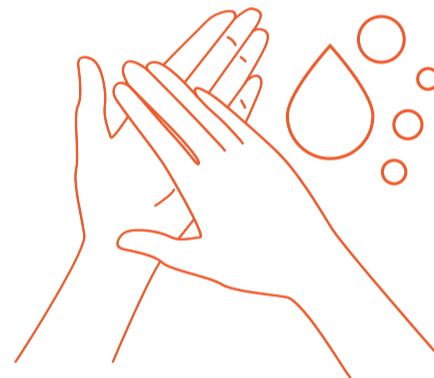
### Alcohol based handrub

Rub hands for 20–30 seconds.

or

### Water and soap

Wash hands for 40–60 seconds.



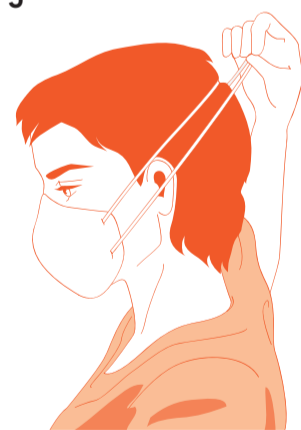
## 4 Remove eye protection

Remove face shield or goggles.



## 5 Remove the mask

Ensure you are taking the mask off from the straps, avoid touching the mask.



## 6 Perform hand hygiene

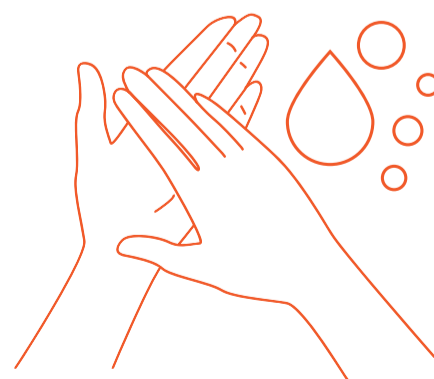
### Alcohol based handrub

Rub hands for 20–30 seconds.

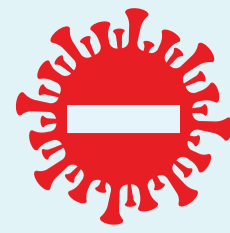
or

### Water and soap

Wash hands for 40–60 seconds.



# Sequence for putting on PPE gear with coverall

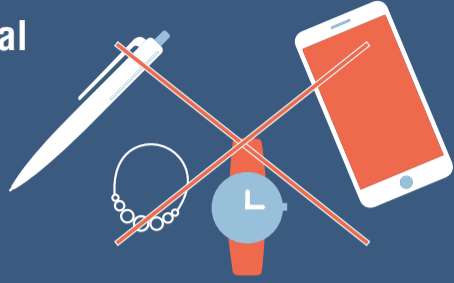


## COVID-19

**STEP 1**

Remove all personal items if necessary.

- Jewelry
- Watches
- Cell phones
- Pens, etc.



**STEP 2**

Ensure that all PPE and supplies are available before beginning. They should be in the correct size and in good condition.



**STEP 3**

Perform hand hygiene.



**a**



**b**



**e**



**f**



**c**



**d**



**f**



**STEP 4**

Put on your coverall with the zipper in the front beginning with the leggings. Pull up the zipper completely. Ensure the coverall is large enough to allow unrestricted freedom of movement.



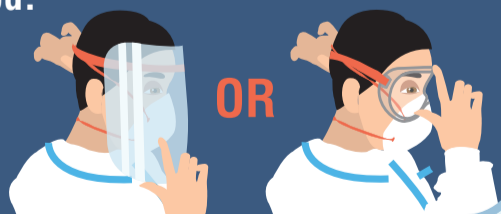
**STEP 5**

Put on the N95 respirator.



**STEP 6**

Put on the goggles, then put on the hood.



OR

**STEP 7**

Put on a pair of gloves if necessary, extend to cover wrist of isolation gown.



 **Hotline 8924**



Ministère de la Santé  
et du Bien-être



Organisation  
mondiale de la Santé

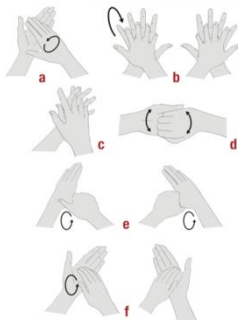
## Sequence for putting on PPE gear with coverall



**Step 1:** Remove all personal items (jewelry, watches, cell phones, pens, etc.).



**Step 2:** Ensure that all PPE and supplies are available before beginning. They should be in the correct size and in good condition.



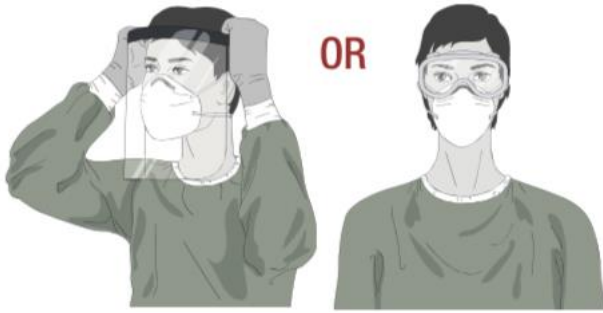
**Step 3:** Perform hand hygiene.



**Step 4:** Put on your coverall with the zipper in the front beginning with the leggings. Pull up the zipper completely. Ensure the coverall is large enough to allow unrestricted freedom of movement.



**Step 5:** Put on the N95 respirator.

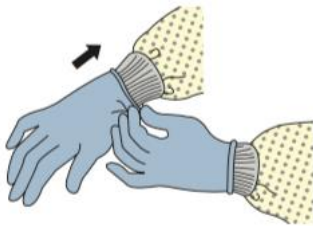


**Step 6:** Put on the goggles, then put on the hood.



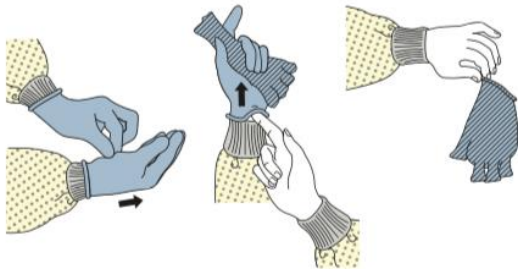
**Step 7:** Put on the head and neck covering.

**NB: If face shields are available instead, put on the hood first, followed by the face shield.**

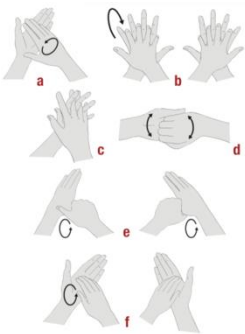


**Step 8:** Put on a pair of gloves, extend to cover wrist of isolation gown.

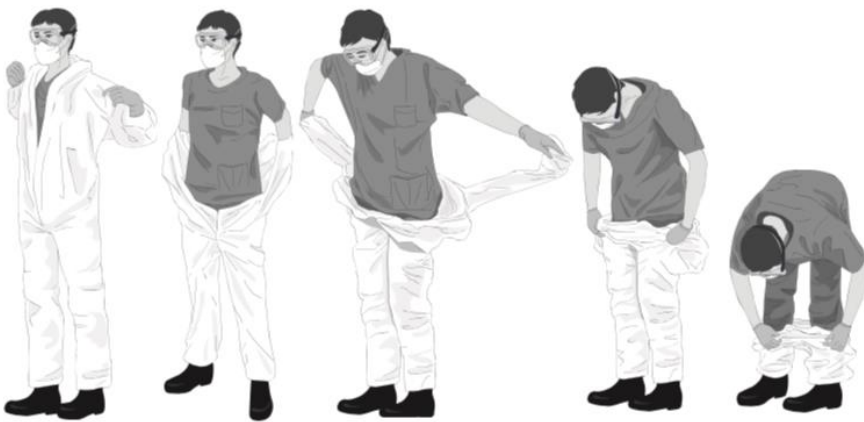
## How to safely remove PPE



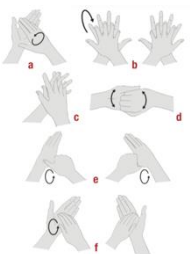
**Step 1:** Remove your pair of gloves.



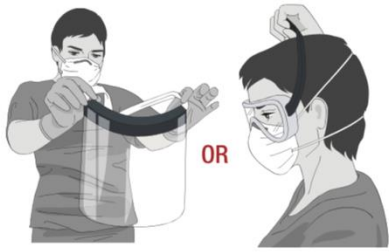
**Step 2:** Perform hand hygiene.



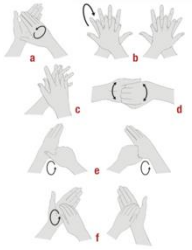
**Step 3:** Remove the coverall without touching the front of the coverall. Unzip carefully without tearing. Roll the coverall down by touching the internal surface. If a face shield is worn, remove the face shield first before removing the hood.



**Step 4:** Perform hand hygiene.



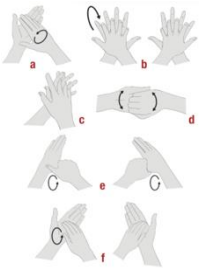
**Step 5:** Remove the goggles if worn by holding the straps at the back.



**Step 6:** Perform hand hygiene.



**Step 7:** Remove the N95 respirator.



**Step 8:** Perform hand hygiene.