

How To Remove (Doffing) Personal Protective Equipment (PPE) For Suspected / Confirmed High Consequence Infectious Diseases (HCID)

- Removal of PPE must ONLY be done with a trained observer (buddy) present
- Request the help of a trained observer (buddy) if one is not already present
- Designate a zone for removing (doffing) PPE if possible
- Do not exit into a clean (Green) zone wearing PPE

Trained observer check:

- H&CW to inspect their PPE for visible contamination, cuts or tears and remove it with a detergent / disinfectant wipe prior to leaving the room.
- Trained observer to also observe from a distance to inspect for any visible contamination

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Apron

Remove in patient room / RED ZONE

- Remove apron, pull forward at the front of the apron to break the neck and waist strings
- Roll the apron inside out ensuring that only the inner "clean" side is touched
- Roll up and carefully place in the healthcare risk waste bin and do not push down



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Outer gloves

Remove in patient room / RED ZONE

- Use the pinch and pull method. Grasp outside of outer glove with opposite gloved hand; peel off
- hold removed glove in opposite gloved hand
- Slide fingers of degloved hand under outer glove at the wrist
- peel glove off over first glove
- carefully remove without touching outside of gloves
- discard into designated healthcare risk waste bin in doffing zone



Inspect inner glove for any contamination, tears or cuts

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Impervious, long-sleeve gown and middle layer gloves

In doffing (yellow) area

Assume that the gown front and sleeves are contaminated

- avoid contact with scrubs and hood underneath the gown
- Untie the gown at the side
- pull away gown from neck and shoulder area by grabbing the shoulder areas to release the Velcro at the back of the neck
- Pull the gown away from the chest, turn gown inside out while removing, and fold or roll into a bundle
- The taped long nitrile gloves should come off easily when removing the gown
- Carefully place the gown into the healthcare risk waste bin and do not push down



Perform hand hygiene: trained observer will dispense alcohol based hand rub into H&CW's gloved hands

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Visor / face shield

In doffing (yellow) area

- Reach for the elastic strap at the back of the head
- Lift the elastic strap over the head with eyes closed
- Avoid bending head forward- as this brings the visor in contact with "clean" upper body
- Carefully place face shield/ visor into the healthcare risk waste bin and do not push down



Perform hand hygiene: trained observer will dispense alcohol based hand rub onto H&CW's gloved hands



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Hood

In doffing (yellow) area

- Remove the hood - only touching the outer surface
- Use both hands and pull the hood's front and bottom part downward and forward slightly at the chin level



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Hood

In doffing (yellow) area

- Close eyes and bend forward at the hips
- Keep the chin well away from the chest
- Lift the hood up and over the head and then away from the face
- Stand straight and place the hood into the healthcare risk waste bin



Perform hand hygiene: trained observer will dispense alcohol based hand rub onto H&CW's gloved hands

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Inner gloves

In doffing (yellow) area

- Remove inner nitrile gloves using pinch and pull technique
- Dispose in healthcare risk waste bin

Perform hand hygiene: trained observer will dispense alcohol based hand rub onto H&CW's hands



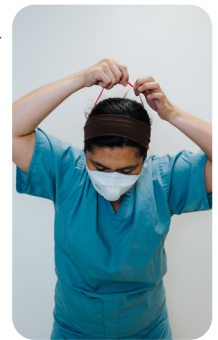
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FFP3 respirator

In doffing (yellow) area

- Reach to the back of the head and lift the bottom strap of the FFP3 respirator mask over the top of the head to meet the top strap
- Bend hips slightly forward
- Avoid bending neck as this allows the respirator to touch the upper body
- Close eyes and remove by allowing the FFP3 respirator to fall away from the face
- Place in the healthcare risk waste bin

Perform hand hygiene: using alcohol based hand rub



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Boots Step 1

stepping out of doffing (yellow) area into clean (green) zone

H&CW can stand or sit on clean stool/ chair near to the clean zone to begin removal of boots

- If needed, step onto each heel of the boots to loosen them for removal. Step out of the boots and into the clean zone (Green zone)
- Do not step back into the dirty area (Yellow zone)
- Place feet directly onto the floor away from the doffing zone



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Boots Step 2

- Perform hand hygiene
- Turn to face yellow zone, without entering yellow zone
- Pinch the inner surfaces of the boots together and place in healthcare risk waste bin
- Do not touch outer surface of boots. If unable to reach boots easily, leave where they are and they can be moved by the next person entering the doffing zone



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Boots

Used boots must not be re-worn
Isolate boots until HCID results are known



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Hand Hygiene

Do not touch yourself or anything in the environment
Perform hand hygiene by hand washing

