

# Coronavirus COVID-19



## Guide to donning and doffing standard Personal Protective Equipment (PPE)

### FOR HEALTH AND SOCIAL CARE SETTINGS

#### DONNING OR PUTTING ON PPE

- Before putting on the PPE, perform hand hygiene.
- Be well hydrated and have taken a toilet break
- Have removed all jewellery including earrings
- Be bare below the elbows
- Have secured your hair back off your face
- Do not bring mobile phones/bleeps into an isolation area

- 1** Put on your plastic apron, making sure it is tied securely at the back.



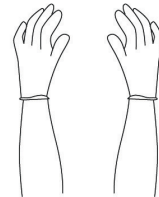
- 2** Put on your surgical face mask. For mask with ties - tie the upper straps on top of head and bring the lower straps up in front of the ears and tie on top of head. For mask with loops - loop straps over the ears. Mould the metal strap over the bridge of the nose and make sure the mask is extended to cover your mouth and chin.



- 3** Put on your eye protection if there is a risk of splashing.



- 4** Put on non-sterile nitrile gloves.



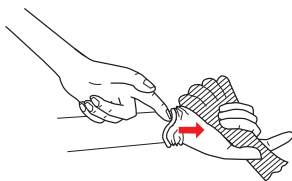
- 5** You are now ready to enter the patient/resident area.



#### DOFFING OR TAKING OFF PPE

Surgical face masks may be used for single session use but gloves and apron must be changed between patients/residents.

- 1** Remove gloves, grasp the outside of the cuff of the glove and peel off, holding the glove in the gloved hand, insert the finger underneath and peel off second glove.



- 2** Perform hand hygiene.



- 3** Remove eye protection.



- 4** Snap or unfasten the neck ties and allow to fall forward. Snap waist ties and fold apron in on itself, do not touch the outside as it is contaminated, and put into Healthcare risk waste.



- 5** Once outside the patient room or cohort area, remove surgical facemask.



- 6** Perform hand hygiene.

