

Personal Protective Equipment (PPE)

Adapted for Influenza



Correct sequence for putting on and removing PPE to prevent contamination of the face, mucous membranes and clothing.

Putting on PPE

1. Decontaminate hands
2. Put on disposable apron/gown
3. Put on mask (Surgical or FFP2 or FFP3)



For FFP2 or FFP3 masks:







Fit Check

- A. Place mask over nose, mouth and chin
- B. Fit flexible nose piece over nose bridge
- C. Secure on head with elastic
- D. Adjust to fit
- E. Inhale – mask should collapse
- F. Exhale – check for leakage around face



4. Put on goggles if required
5. Put on gloves

Removing PPE

<p>In patients' room</p>	<ol style="list-style-type: none"> 1. Remove gloves (avoid touching the outside of the gloves) 2. Decontaminate hands 3. Remove goggles 4. Remove gown or apron (avoid touching the front of the gown/apron) 	  
<p>In ante room or directly outside patients' room. Ensure door is closed</p>	<ol style="list-style-type: none"> 5. Remove mask by breaking the ties. If ties are elastic grasp and lift ties from behind your head and pull off mask away from your face. Avoid touching the front of the mask & use ties to discard 	  
<ol style="list-style-type: none"> 6. Discard all masks (& gloves/aprons/gowns/goggles contaminated with blood or body fluids) as healthcare risk waste 7. Decontaminate your hands 		