**Hand hygiene**

A. Using an alcohol-based hand rub is the preferred way to clean your hands.
B. If your hands look or feel dirty, soap and water must be used to wash your hands.

**Gown**

A. Make sure the gown covers from neck to knees to wrist.
B. Tie at the back of neck and waist.

**Procedure/Surgical mask**

- Secure the ties or elastic around your head so the mask stays in place.
- Fit the moldable band to the nose bridge. Fit snugly to your face and below chin.

**N95 respirator**

There are different styles of N95 respirators (pictured below). They include:

- **a)** molded cup,
- **b)** flat-fold,
- **c)** v-fold.

All styles have the same basic steps for donning. Refer to the manufacturer for specific donning instructions.

A. Pre-stretch both top and bottom straps before placing the respirator on your face.
B. Cup the N95 respirator in your hand.
C. Position the N95 respirator under your chin with the nose piece up. Secure the elastic band around your head so the N95 respirator stays in place.
D. Use both hands to mold the metal band of the N95 respirator around the bridge of your nose.
E. Fit check the N95 respirator.

**Eye protection or face shields**

- Place over the eyes (or face).
- Adjust to fit.

**Gloves**

- Pull the cuffs of the gloves over the cuffs of the gown.

For more information contact:
ipcsurvstladmin@ahs.ca

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