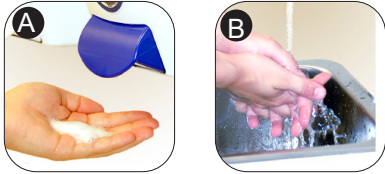


# Putting on (Donning) Personal Protective Equipment (PPE)

## 1 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.

## 2 Gown



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

## 3a 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.

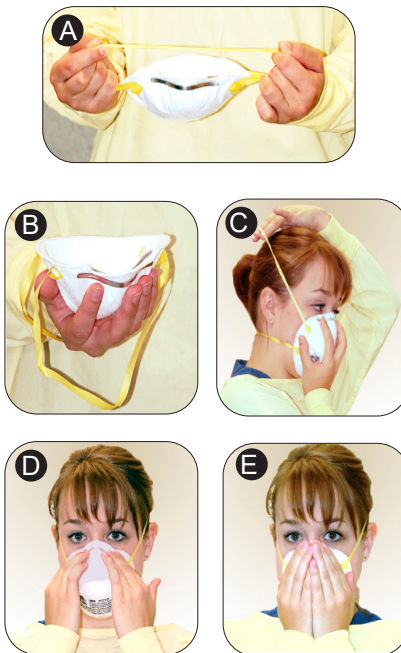


## 3b N95 respirator

There are different styles of N95 respirators (pictured below). They include: a) molded cup, b) flat-fold, and 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.

## 4 Eye protection or face shields



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

## 5 Gloves



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

