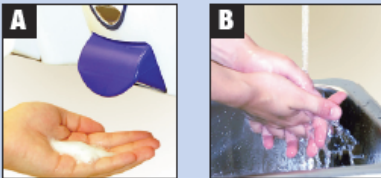


Putting on (Donning) Personal Protective Equipment (PPE)

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



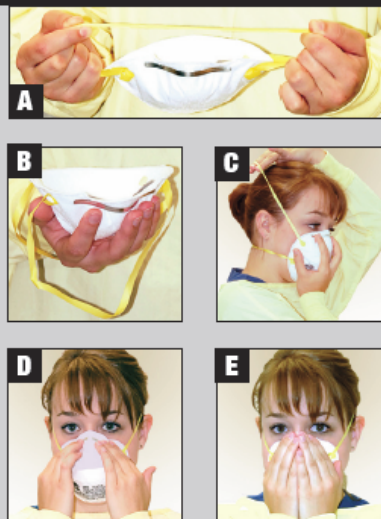
- A** Make sure the gown covers from neck to knees to wrist.
- B** Tie at the back of neck and waist.

3 Procedure/surgical mask

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



N95 respirator



- 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 face and eyes and adjust to fit.

5 Gloves



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

