Safe fitting and removal of personal protective equipment (PPE) for healthcare staff

**CORRECT PROCESS FOR FITTING PPE**

1. **Perform hand hygiene**

2. **Put on protective eyewear/face shield**
   - Place protective eyewear/face shield over eyes/face and adjust to fit.

3. **Put on long-sleeved, preferably fluid-resistant gown**
   - Fasten the back of the gown/apron at the neck and waist.

4. **Put on P2/N95 respirator**
   - Secure elastic bands at the middle of the head and neck.
   - Fit flexible band to nose bridge.
   - Ensure mask is fitted snug to face and below the chin.
   - For respirator use, perform a fit check according to manufacturer instructions.
   - Please see poster “Fit Check for P2/N95 respirator”

5. **Put on gloves**
   - Extend to cover wrist of long sleeved gown.

**CORRECT PROCESS FOR REMOVING PPE**

1. **Perform hand hygiene**

2. **Remove gloves**
   - The outside of gloves is contaminated. Remove gloves being careful not to contaminate bare hands during glove removal.
   - Discard gloves into clinical waste.

3. **Remove protective eyewear/face shield**
   - The outside of protective eyewear/face shield is contaminated. Remove eyewear/face shield by tilting the head forward and lifting the head band or ear pieces. Avoid touching the front surface of the eyewear/face shield.
   - Reusable items should be placed in a designated receptacle for reprocessing.
   - Place disposable items in clinical waste.

4. **Remove gown**
   - The gown front and sleeves are contaminated. Untie or break fasteners and pull gown away from body, touching the inside of the gown only.
   - Discard gown into clinical waste.

5. **Remove P2/N95 respirator**
   - Do not touch the front of the P2/N95 respirator.
   - Remove respirator by holding the elastic straps and remove without touching the front.
   - Discard P2/N95 respirator into clinical waste.

6. **Put on gloves**

7. **Put on protective eyewear/face shield**

8. **Perform hand hygiene**
Recommended personal protective equipment (PPE) for healthcare staff

PPE RECOMMENDED FOR:

Confirmed and high-risk suspected COVID-19 cases

Staff

- Perform hand hygiene
- Recommended PPE for contact and airborne precautions:

1. Long-sleeved, preferably fluid-resistant gown
2. P2/N95 respirator
3. Protective eyewear/faceshield
4. Gloves

Patient

- Place the patient in a single room with negative pressure air handling
- Move patient within facility only when medically necessary
- If possible, place a surgical mask on patient during transfer out of their single room

Please note:
A surgical mask may be used instead of a P2/N95 respirator for persons with low-risk suspected COVID-19, provided they are not a quarantine international arrival, there are no aerosol-generating procedures, no aerosol-generating behaviours and no other high-risk scenarios.