**COVID-19**  
Safe fitting and removal of personal protective equipment (PPE) for healthcare staff

### CORRECT PROCESS FOR FITTING PPE

**IMPORTANT:** Maintain standard precautions when fitting and removing PPE when caring for suspected or confirmed cases of COVID-19!

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Perform hand hygiene</td>
</tr>
</tbody>
</table>
| 2    | Put on long sleeved fluid-resistant gown  
- Ensure the gown is large enough to allow unrestricted freedom of movement without gaping.  
- Fasten the back of the gown at the neck and waist. |
| 3    | Put on surgical mask or P2/N95 respirator  
- Secure ties (for surgical masks) or elastic bands (for respirators) 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. |
| 4    | Put on protective eyewear/face shield  
- Place protective eyewear/face shield over eyes/face and adjust to fit. |
| 5    | Put on gloves  
- Extend to cover wrist of long sleeved gown. |

### CORRECT PROCESS FOR REMOVING PPE

**IMPORTANT:** Remove all PPE only after exiting the patient room!

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
</table>
| 1    | 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. |
| 2    | 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 receptable for reprocessing.  
- Place disposable items in clinical waste. |
| 3    | 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. |
| 4    | Remove P2/N95 respirator or surgical mask  
- Do not touch the front of the P2/N95 respirator or surgical mask.  
- Remove respirator or surgical mask by holding the elastic straps or ties and remove without touching the front.  
- Discard P2/N95 respirator or surgical mask into clinical waste. |
# COVID-19

## Recommended personal protective equipment (PPE) for healthcare staff

### PPE RECOMMENDED FOR:

Routine care (all suspected and confirmed cases)

#### Staff
- Perform hand hygiene
- Recommended PPE for contact and droplet precautions:
  1. ![Long sleeved fluid-resistant gown](image)
  2. ![Surgical mask](image)
  3. ![Protective eyeware/faceshield](image)
  4. ![Gloves](image)

#### Patient
- Place the patient in a single room with the door closed (a room from which the air does not circulate to other areas is preferred) if available
- Move patient within facility only when medically necessary
- Place a surgical mask on patient during transfer out of their single room if possible or when other people enter the room

### PPE RECOMMENDED FOR:

- aerosol-generating procedures
- care of suspected or confirmed cases with severe symptoms suggestive of pneumonia
- care of suspected or confirmed cases critically ill in ICU
- prolonged or very close patient contact

#### Staff
- Perform hand hygiene
- Recommended PPE for contact and airborne precautions:
  1. ![Long sleeved fluid-resistant gown](image)
  2. ![P2/N95 respirator](image)
  3. ![Protective eyeware/faceshield](image)
  4. ![Gloves](image)

#### 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, or when other people enter the room