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

CORRECT PROCESS FOR FITTING PPE

1. Perform hand hygiene
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.
   - Please see poster "Fitcheck for P2/N95 respirator"
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

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. Perform hand hygiene
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 receptable for reprocessing.
   - Place disposable items in clinical waste.
4. Perform hand hygiene
5. 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.
6. Perform hand hygiene
7. 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.
8. Perform hand hygiene

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

IMPORTANT:
Only remove mask after exiting the patient room!
**Recommended personal protective equipment (PPE) for healthcare staff**

**PPE RECOMMENDED FOR:**

**Routine care (confirmed, probable or suspected cases)**

<table>
<thead>
<tr>
<th>Staff</th>
<th>Patient</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Perform hand hygiene</td>
<td>• 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</td>
</tr>
<tr>
<td>• Recommended PPE for contact and droplet precautions:</td>
<td>• Move patient within facility only when medically necessary</td>
</tr>
<tr>
<td>1. [Image of long-sleeved fluid-resistant gown] <strong>Long sleeved fluid-resistant gown</strong></td>
<td>• Place a surgical mask on patient during transfer out of their single room if possible or when other people enter the room</td>
</tr>
<tr>
<td>2. [Image of surgical mask] <strong>Surgical mask</strong></td>
<td></td>
</tr>
<tr>
<td>3. [Image of protective eyewear/faceshield] <strong>Protective eyeware/faceshield</strong></td>
<td></td>
</tr>
<tr>
<td>4. [Image of gloves] <strong>Gloves</strong></td>
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</tr>
</tbody>
</table>

**PPE RECOMMENDED FOR:**

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

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<td>• Perform hand hygiene</td>
<td>• Place the patient in a single room with negative pressure air handling</td>
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<tr>
<td>• Recommended PPE for contact and airborne precautions:</td>
<td>• Move patient within facility only when medically necessary</td>
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<td>• If possible, place a surgical mask on patient during transfer out of their single room, or when other people enter the room</td>
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<td>2. [Image of P2/N95 respirator] <strong>P2/N95 respirator</strong></td>
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