

# HOW TO GUIDE – PUTTING ON PPE FOR CONTACT/DROPLET PRECAUTIONS

## 1 Perform hand hygiene

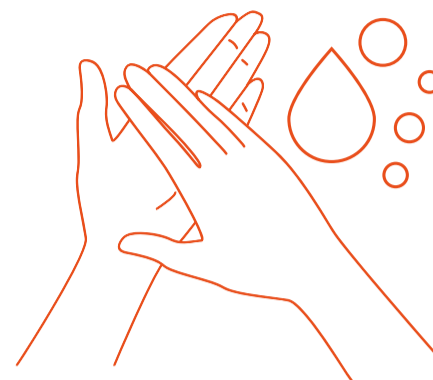
### Alcohol based handrub

Rub hands for 20–30 seconds.

or

### Water and soap

Wash hands for 40–60 seconds.



## 2 Put on the gown



## 3 Put on the mask

Medical mask.



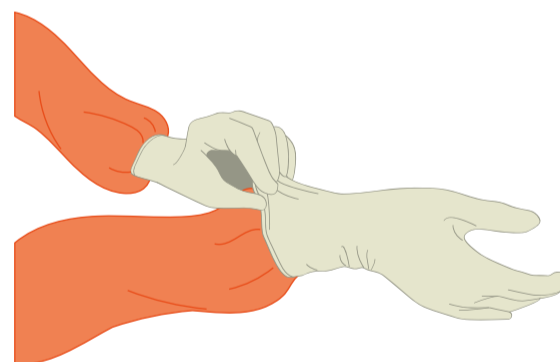
## 4 Put on eye protection

Put on face shield or goggles.



## 5 Put on gloves

Ensure glove is placed over the cuff of the gown.



## Full PPE

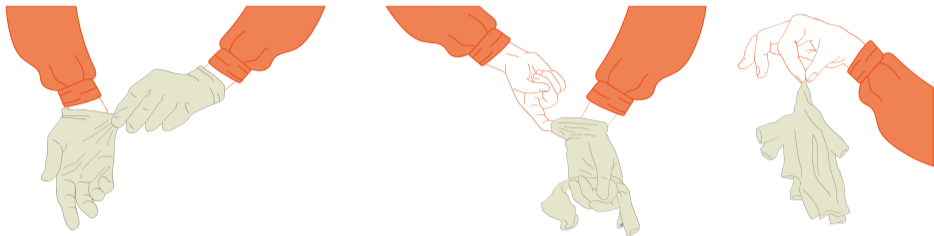


# HOW TO GUIDE – TAKING OFF PPE FOR CONTACT/DROPLET PRECAUTIONS

Ensure that infectious waste containers are available for safe disposal of PPE. Separate containers should be available for reusable items.

Order is important

## 1 Remove gloves



## 2 Remove the gown

Ensure gown is pulled away from the body during removal and that clothing does not become contaminated and dispose of them safely.



## 3 Perform hand hygiene

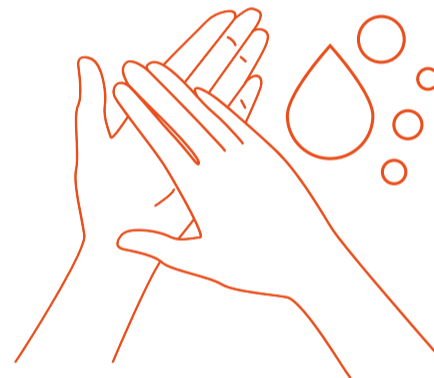
### Alcohol based handrub

Rub hands for 20–30 seconds.

or

### Water and soap

Wash hands for 40–60 seconds.



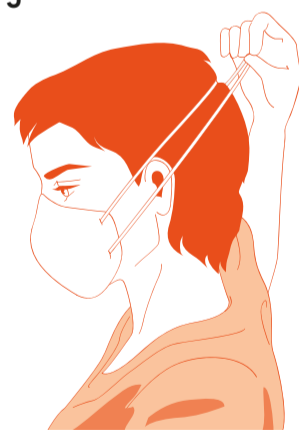
## 4 Remove eye protection

Remove face shield or goggles.



## 5 Remove the mask

Ensure you are taking the mask off from the straps, avoid touching the mask.



## 6 Perform hand hygiene

### Alcohol based handrub

Rub hands for 20–30 seconds.

or

### Water and soap

Wash hands for 40–60 seconds.

