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**
   - Perform hand hygiene
   - Alcohol based handrub
     - Rub hands for 20–30 seconds.
   - or
   - Water and soap
     - Wash hands for 40–60 seconds.

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.