

Personal Protection (PPE)



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Communicable Disease Division
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How to Put on PPE and Remove PPE for Airborne, Droplet, and Contact Precautions

1. Put on PPE in anteroom or before entering patient room.

Mask or Respirator

- Fit flexible band to nose bridge.
- Secure ties/elastic bands at middle of head and neck.
- Fit to face and below chin.
- Fit-check respirator and adjust as needed to ensure snug fit.

Goggles and/or Face Shield

- Apply goggles and/or face shield.
- Adjust to fit comfortably over mask or respirator.

Gown

- Should fully cover torso neck to knees, cover arms to end of wrist, and wrap around the back.
- Fasten in back at neck and waist.

Gloves

- Use non-sterile gloves for isolation purposes.
- Select gloves for hand size.
- Extend glove to cover wrist of isolation gown.

2. Prevent contamination while in patient room.

- Keep gloved hands away from face.
- Limit surfaces touched in patient room.
- Work from “clean” to “dirty” areas.
- Remove torn or heavily contaminated gloves, perform hand hygiene and re-glove.

3. Remove PPE either at the doorway before leaving patient room or in anteroom. Remember that PPE has surface contamination and should be removed in the following order.

1st: Gloves

- Grasp glove cuff with opposite gloved hand and peel off inside out.
- Hold removed glove in gloved hand.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off.
- Discard gloves into waste container. Wash hands.

2nd: Goggles and/or Face Shield

- Handle by “clean” head piece /ear pieces and remove.
- Place in designated receptacle for reprocessing or dispose in waste container.

3rd: Mask or Respirator

- Avoid contact with contaminated front part of mask respirator.
- Starting at back of head, grasp bottom tie/elastic band, then top tie/elastic band and remove.
- Discard masks in waste container or respirators into designated receptacle for processing.

4th: Gown

- Unfasten neck ties, then waist ties.
- Grasp edge of gown near neck ties and loosen gown from body.
- Grasp inside of one sleeve cuff and remove sleeve over hand.
- Grasp opposite sleeve cuff, pull gown off arms and body, avoid touching outside of gown.
- Roll into a bundle inside out and drop into waste or linen container. Wash hands.

4. Perform hand hygiene before leaving the isolation room or anteroom.

Resources:

- Tacoma-Pierce County Health Department, www.tpchd.org
- Centers for Disease Control and Prevention, www.cdc.gov
- Washington State Department of Health, www.doh.wa.gov