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.
   - Gasp 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](http://www.tpchd.org)
- Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)