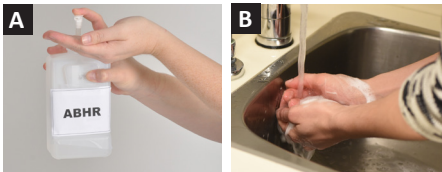


# Putting on (Donning) Personal Protective Equipment (PPE)

## 1 HAND HYGIENE



- A** Using an alcohol-based hand rub is the preferred way to **clean your hands**.
- B** If your hands look or feel dirty, soap and water must be used to wash your hands.

## 2 Gown



- A** Make sure the gown covers from neck to knees to wrist.
- B** Tie at the back of neck and waist.

## 3a Procedure/Surgical Mask



- ♦ Secure the ties or elastic around your head so the mask stays in place.
- ♦ Fit the moldable band to the nose bridge. Fit snugly to your face and below chin.

## 3b N95 Respirator

There are different styles of N95 respirators (pictured below). They include: a) molded cup, b) duckbill, c) flat-fold and d) v-fold



All styles have the same basic steps for donning; molded cup and duckbill are pictured below. Refer to the manufacturer for specific donning instructions.



- A** Pre-stretch both top and bottom straps before placing the respirator on your face.
- B** Cup the N95 respirator in your hand.
- C** Position the N95 respirator under your chin with the nose piece up. Secure the elastic band around your head so the N95 respirator stays in place.
- D** Use both hands to mold the metal band of the N95 respirator around the bridge of your nose.
- E** Fit check the N95 respirator.

## 4 Eye Protection or Face Shields



- ♦ Place over the eyes (or face).
- ♦ Adjust to fit.

## 5 Gloves



- ♦ Pull the cuffs of the gloves over the cuffs of the gown.