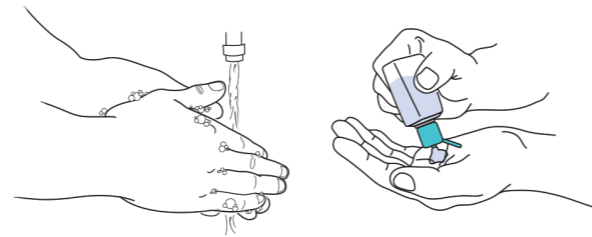


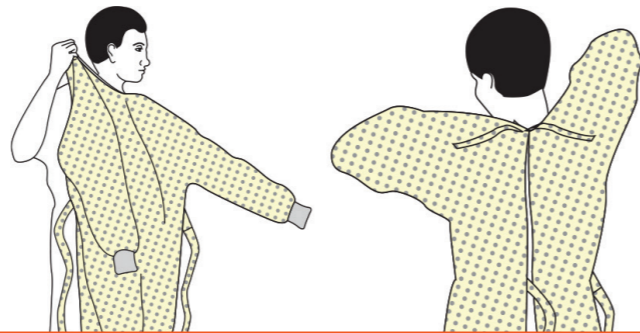
How to PUT ON personal protective equipment (PPE)

- 1 WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY BEFORE PUTTING ON ALL PPE**



2 GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
- Fasten at back of neck and waist.



3 SURGICAL MASK

- Secure ties or elastic bands at middle of head and neck.
- Fit flexible band to nose bridge.
- Fit snug to face and below chin.



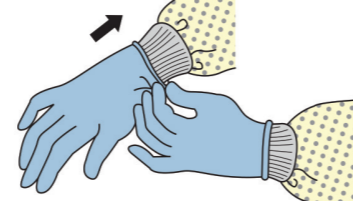
4 EYE PROTECTION

- Place over eyes and adjust to fit.



5 GLOVES

- Extend to cover wrist of gown.



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face.
- Limit surfaces touched.
- Change gloves when torn or heavily contaminated.
- Perform hand hygiene.

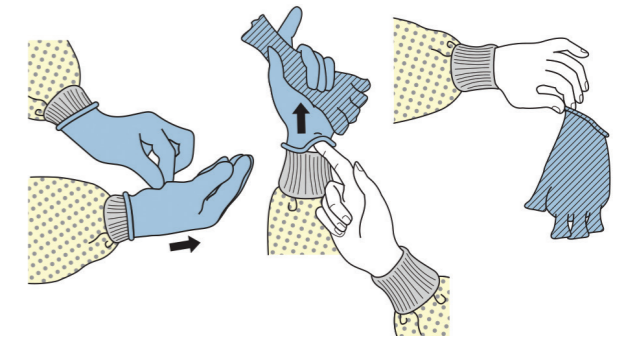
Content: Department of Health & Human Services, USA and Centres for Disease Control & Prevention

How to safely REMOVE personal protective equipment (PPE)

Move away from the patient as far as possible before removing PPE.

1 GLOVES

- The outside of your gloves are contaminated! If your hands get contaminated during glove removal, immediately wash them or use an alcohol-based hand sanitiser.
- Use one gloved hand to grasp the palm area of the other gloved hand. Peel off first glove.
- Hold removed glove in gloved hand.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove.
- Discard gloves in a clinical waste container.
- Perform hand hygiene.



2 EYE PROTECTION*

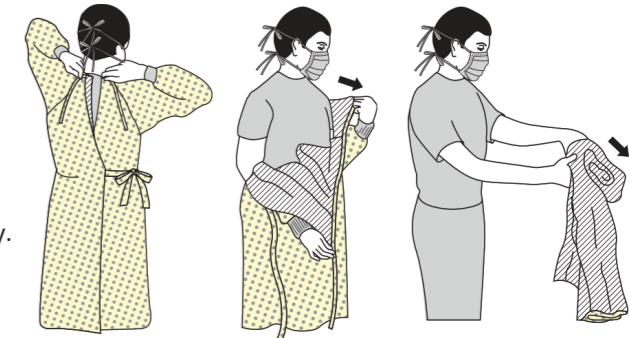
- The outside of your eye protection is contaminated! If your hands get contaminated during removal, immediately wash them or use an alcohol-based hand sanitiser.
- Remove eye protection from the back by lifting ear pieces.
- If the eye protection is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a clinical waste container.

* If using integrated mask/eye protection, skip step 2.



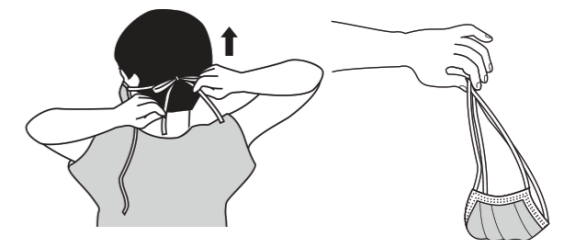
3 GOWN

- The outside of your gown front and sleeves are contaminated! If your hands get contaminated during gown removal, immediately wash them or use an alcohol-based hand sanitiser.
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties.
- Pull gown away from neck and shoulders, touching inside of gown only.
- Turn gown inside out.
- Fold or roll into a bundle and discard in a clinical waste container.
- Perform hand hygiene.



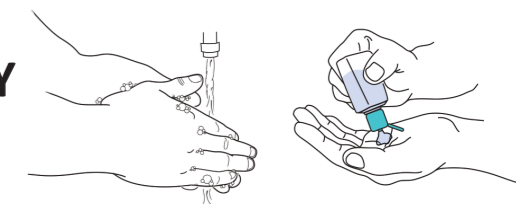
4 SURGICAL MASK

- The front of your mask is contaminated — **DO NOT TOUCH!** If your hands get contaminated during mask/respirator removal, immediately wash them or use an alcohol-based hand sanitiser.
- Grasp bottom ties or elastics of the mask, then the ones at the top, and remove without touching the front.
- Discard in a clinical waste container.



5 WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY AFTER REMOVING ALL PPE

- Perform hand hygiene between steps if hands become contaminated and immediately after removing all PPE.



6 DISINFECTION OF ROOM

- Leave room closed and vacant after patient has left.
- Wear gown and gloves and wipe down all hard surfaces with virucidal disinfectant.
- Reusable eye protection should be cleaned with virucidal disinfectant.
- Medical equipment that has touched the patient must be wiped down with a virucidal disinfectant.
- Dispose of wiping agent in clinical waste container. Perform hand hygiene.

Content: Department of Health & Human Services, USA and Centres for Disease Control & Prevention