

How to doff (take off)

Personal Protective Equipment (PPE)

Doff PPE in the following order →

- The PPE doffing procedures illustrated are based on the most common procedures and types of PPE. Organizational procedures may vary based on different methods and types of PPE used.
- If a specific type of PPE was not used, skip to the next step.

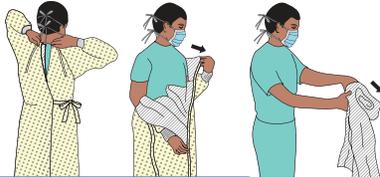


! IMPORTANT:

Perform hand hygiene using alcohol based hand rub or soap and water after removing each piece of PPE.

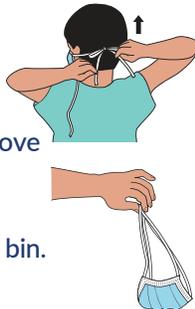
2 Gown

- Unfasten neck ties, then the back or waist ties.
- Touching only the inside of the gown, pull gown away from neck and shoulders.
- Turn gown inside out and roll into a bundle.
- Place in soiled laundry hamper (if reusable) or in regular waste bin (if disposable).
- Perform hand hygiene.



4A Medical mask

- **If you are less than 2 metres away from the patient, exit the room/area first. Perform hand hygiene.**
- Lean forward slightly.
- For a mask with ties, break/untie the bottom tie first, and then the top one.
- Without touching the front, gently remove the mask from behind by holding both ear loops or ties.
- Discard the used mask in regular waste bin.
- Perform hand hygiene.



OR

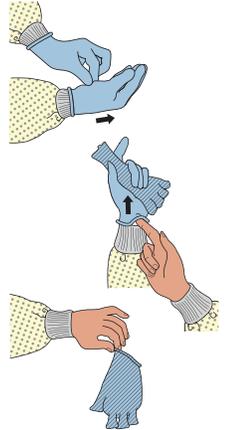
4B N95 respirator or equivalent

- **Leave the patient room, into the ante-room if available. Perform hand hygiene.**
- Lean forward slightly.
- Without touching the front, pull the bottom strap up and over the head.
- While still holding onto the bottom strap (if able), pull the top strap up and over the front of the head and away from the face.
- Discard the used respirator in regular waste bin.
- Perform hand hygiene.



1 Gloves

- Pinch the palm or wrist area of one glove. Peel away from the hand.
- Insert one or two fingers under the cuff of the second glove.
- Peel away from the inside out.
- Discard in regular waste bin.
- Perform hand hygiene.



3 Eye protection

- **If you are less than 2 metres away from the patient, exit the room/area first. Perform hand hygiene.**
- Without touching the front, grasp the back or side straps.
- Remove the eye protection by grasping the straps slightly upwards and then away from head and face.
- Place in receptacle for reprocessing (if reusable) or in regular waste bin (if disposable).
- Perform hand hygiene.

