How to don (put on) Personal Protective Equipment (PPE)

Note: Conduct a point of care risk assessment (PCRA) prior to any interaction with a patient.

Don PPE in the following order

1. Perform hand hygiene
   - Clean all surfaces of hands and wrists using alcohol based hand rub or soap and water.

2. Inspect the PPE
   - Make sure there is no damage (e.g., rips and tears).

3. Gown
   - Cover torso and wrap around back.
   - Secure thumb loops if applicable.
   - Fasten the ties at the back of neck and waist.

4A. Medical mask
   - Secure loops or ties.
   - Pull the bottom of the mask to fully open and fit under chin.
   - Mold the metallic strip over bridge of the nose.

OR

4B. N95 respirator or equivalent
   - Select the model that you’ve been fit-tested to.
   - Put on the N95 respirator or equivalent outside the patient room or in the anteroom, before entering the patient room.
   - Use one hand to place the respirator over the nose.
   - Use the other hand to pull the top strap and place it at the crown of your head.
   - Pull the bottom strap over your head and place the strap at the nape of your neck, under any hair.
   - Mold the nose band to the bridge of your nose. Do not pinch.
   - Perform a positive and negative seal check.

5. Eye protection
   - Place eye protection over face and eyes, ensuring that it fits appropriately.

6. Gloves
   - Extend gloves to cover the cuffs of the gown.