

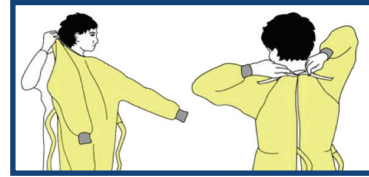
# Donning PPE

## Sequence

1. Gown
2. Mask
3. Goggles/Face Shield
4. Gloves

### Don Gown

1. Hold gown with opening to the back
2. Place one arm into the sleeves one at a time
3. Secure ties to the back of the neck and waist



### Don N95 Mask

1. Cup the mask in your hand with nosepiece up
2. Pull back the top strap and rest at the top back of your head
3. Pull back the bottom strap and position around the neck, below the ears
4. Straps should not overlap
5. Fix nosepiece to form around bridge of your nose
6. To check the seal, place both hands on the mask and take a quick breath in to check if the mask seals tightly to the face.
7. Place both hands completely over the mask and exhale. If you feel leakage, adjust the mask around the nose or chin and recheck seal.
8. Perform Hand Hygiene



### Don Ear Loop Mask

1. Perform hand hygiene
2. Place ear loop behind ears
3. Fix flexi band to the nose bridge
4. Fit snug to face and below chin



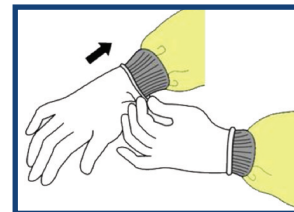
### Goggles/Face Shield

1. Position goggles over eyes
2. Position face shield over face and secure on brow with headband
3. Adjust to fit comfortably



### Gloves

1. Put gloves on and extend to cover wrist
2. Change gloves when torn or contaminated
3. Perform hand hygiene before donning intact/clean gloves



### Reminder:

- Keep hands away from face
- Limit surfaces touched