Donning (putting on) PPE 

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| **1** | **PERFORM HAND HYGIENE**   * Wash hands or use an alcohol-based hand rub |  |
| **2** | **PUT ON GOWN**   * Fully cover torso from neck to knees, arms to end of wrists and back * Fasten at the back and neck |  |
| **3** | **MASK OR RESPIRATOR**   * Coloured side is always placed to the outside * Secure ties or elastic bands at middle of head and neck * Fit flexible/metal band to nose bridge * Fit snug to face an below chin |  |
| **IMPORTANT- IF USING A P2/N95 MASK A FIT CHECK MUST BE PERFORMED EVERY TIME** | | |
| **4** | **GOGGLES OR FACE SHIELD**   * Place over face and eyes and adjust to fit   *NOTE: prescription glasses are not appropriate to use as PPE, goggles must be placed over the prescription glasses.* |  |
| **5** | **GLOVES**   * Extend to cover wrist/cuff of isolation gown. * Ensure no gaps are present |  |



**How to FIT CHECK a P2/N95 mask**

* The wearer should forcefully inhale and exhale several times.
* The mask should collapse slightly upon inhaling and expand upon exhaling.
* The wearer should not feel any air leaking between face and the mask.

This is the sign of a good facial fit and a successful User Fit Check.

Doffing (taking off) PPE 

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| **1** | **GOWN AND GLOVES**   1. Grasp the gown in the front 2. Pull away from your body so that the ties break, touching outside of gown only with gloved hands 3. As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. 4. Whilst removing the gown, fold or roll the gown inside out into a bundle. 5. Place the gown and glove bundle into general waste bin |  |
| **2** | **PERFORM HAND HYGIENE**   * Wash hands or use an alcohol-based hand rub |  |
| **3** | **GOGGLES OR FACESHIELD**   * Remove goggles or face shield from the back by lifting side arms / head band and without touching the front of the goggles or face shield. * If disposable, discard into general waste. * If reusable place into designated recepticle for reprocessing |  |
| **4** | **MASK OR RESPIRATOR**   * Grasp bottom ties or elastics of themask/respirator, then the ones at the top and remove without touching the front of the mask. * Discard into general waste |  |
| **5** | **PERFORM HAND HYGIENE**   * Immediately after removing all PPE, wash hands or use an alcohol-based hand rub |  |

How to put on a P2/N95 mask 

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| 1. Separate the edges of the mask to fully open it. | 1. Slightly bend the nose wire to form a gentle curve. | 1. Hold the mask upside down to expose the two headbands. | 1. Using your index fingers and thumbs, separate the two headbands. | 1. While holding the headbands with your index fingers and thumbs, cup the mask under your chin. |
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| 1. Pull the headbands over your head. | 1. Release the lower headband from your thumbs and position it at the base of your neck. | 1. Position the remaining headband on the crown of your head. | 1. Conform the nosepiece across the bridge of your   nose by firmly pressing down with your fingers. | 1. Continue to adjust the mask and secure the edges until you feel you have achieved a good facial fit. Now perform a Fit Check. |