

How to remove PPE (BEFORE)

HOW TO REMOVE PERSONAL PROTECTIVE EQUIPMENT

BEFORE LEAVING PATIENT'S ROOM

① TAKE OFF GLOVES UNDER THE WRIST



1. Grasp outside edge near wrist.
2. Peel away from hand, turning glove inside out.
3. Hold in opposite gloved hand.
4. Slide ungloved finger under the wrist of the remaining glove.



5. Peel off from the inside, creating a bag for both gloves.



6. Discard in garbage.

② TAKE OFF GOWN



1. Unfasten ties.
2. Peel gown away from neck and shoulders.



3. Turn contaminated outside toward the inside.



4. Fold or roll into a bundle.
5. Discard in garbage.

③ CLEAN YOUR HANDS FOR 20-30 SECONDS



1. Alcohol-based hand rub is the preferred method for cleaning hands when hands are not visibly soiled.

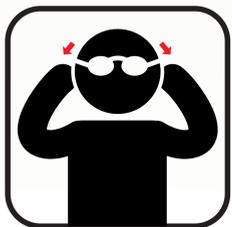


2. Clean between fingers, backs of hands, fingertips and thumbs.
3. Duration of the entire procedure is 20-30 seconds.



4. Refrain from using patient's sink.

④ TAKE OFF EYE PROTECTION



1. Grasp ear or head pieces with ungloved hands.
2. Lift away from face.



3. Place in garbage or clean reusable eye protection.