

## DOFFING PERSONAL PROTECTIVE EQUIPMENT (PPE) – HDH

Doff your PPE in the following order. Except for your mask, remove PPE at the doorway. Remove your mask after leaving the room and closing the door. **DO NOT TOUCH THE CONTAMINATED PARTS OF YOUR PPE:** the outside of your gloves, mask, and eye protection, and the outside of your coat or gown including the sleeves. **ALWAYS WASH YOUR HANDS** immediately after removing all your PPE. If your hands become contaminated during PPE removal, wash them.

### 1. Gloves

- Grab the **OUTSIDE** of the glove with your other gloved hand, peel off the glove. Hold the removed glove in your still-gloved hand.
- Slide your **UNGLOVED FINGERS** under the wrist of your remaining glove, peel off so the first glove remains inside the second like a little bag. Discard in a waste container.

### 2. Eye protection (safety glasses or goggles)

- When removing, touch only the elastic straps or arms/earpieces of the safety glasses.
- **DISINFECT YOUR EYE PROTECTION** as appropriate [chemical wipe, soap and water, etc.].

### 3. Disposable Gown or Lab Coat

- Unbutton gown completely or unfasten ties. For button coats, use the fingers of one hand **UNDER** the cuff of the opposite sleeve to remove your arm from the coat. Use the hand of your now free arm under the cuff of the remaining sleeve to remove the second sleeve. **TURN THE COAT INSIDE OUT** to keep from touching the outside. Discard in a waste container.
- For gowns with ties, pull the gown **AWAY FROM YOUR NECK AND SHOULDERS AND TURN INSIDE OUT** as you remove it. Discard in a waste container.

### 4. Surgical Mask or N-95 Respirator

- Unfasten the bottom ties or elastic first, then the top. Reach to remove from **BEHIND** your head. For masks with ear loops, hook your fingers into both loops and peel forward without touching the outside of the mask. Discard in a waste container.

