How to don personal protective equipment

Personal protective equipment (PPE) should be donned in a clean zone, away from where you will later remove it.

1. Perform hand hygiene
   (with an alcohol-based hand sanitiser or by washing with soap and water)

   - Rub palms together
   - Rub back of each hand
   - Rub between fingers down to the webbing
   - Rub fingernails on the opposite palm
   - Rub around each thumb
   - Rub around wrists

2. Put on protective gown

   - Ensure gown covers from the neck to knees and wrists
   - Secure neck and waist ties/closures

3. Put on mask

   - Position the metal wire at the top
   - Secure elastic straps over each ear or secure upper ties/straps over each ear
     on the middle of the head and lower ties/straps below ears around the neck
   - Mould the metal wire to bridge of nose
   - Extend the bottom of the mask to cover the chin
   The mask should fit snugly. To check, breathe deeply. The mask should not flap.

4. Put on protective eyewear

5. Put on gloves

   - Repeat hand hygiene
   - Extend gloves over wrists of the gown

Once you have put on PPE

   - Do not touch your face or mouth
   - Do not adjust eyewear or mask
   - Avoid touching other objects