PPE Best Practice.

Taking off PPE

It’s important to exercise caution when removing contaminated personal protective equipment (PPE). To help minimize risk of infection, we recommend following the CDC guidelines.¹

1 **Gown and gloves**
   - Using gloved hands to touch the outside of the gown only, grasp the front and pull away from your body to break the ties
   - As you remove the gown, fold or roll it inside-out and into a bundle
   - When reaching wrists, remove gloves with the gown, only touching the inside of gloves and gown with bare hands—place bundle in waste container

2 **Goggles/face shield**
   - Remove from the back, lifting the headband—do not touch the front
   - Place reusable items in the designated reprocessing receptacle; discard disposable items in waste container

3 **Mask/respirator**
   - Grasp bottom fasteners, followed by the top and remove mask/respirator without touching the front with bare hands
   - If wearing a respirator in a patient room, remove all other PPE, leave the room and shut the door before removing the respirator
   - Discard in waste container

4 **Hand hygiene**
   - After all PPE is removed, wash hands or use an alcohol-based hand sanitizer

**CONTAMINATION WARNING:**
The outside of your PPE is contaminated. If your hands come in contact with these outside surfaces, immediately wash them or use an alcohol-based hand sanitizer.

References: