

PPE Best Practice.

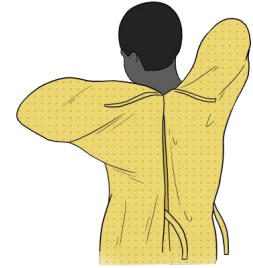


Putting on PPE

Personal protective equipment (PPE) is designed to help protect you from infection—but only if it's worn the right way. We recommend following the CDC guidelines¹ for putting on your PPE based on the level of precautions required such as standard and contact, droplet or airborne infection isolation precautions.

1 Gown

- Cover your torso fully—from neck to knees and to the end of wrists, then wrap around your back
- Fasten at the waist and back of neck



2 Mask/respirator

- Secure fasteners at your neck and middle of your head
- Adjust flexible band to bridge of your nose
- Adjust for snug fit on face and below chin
- Fit-check respirator



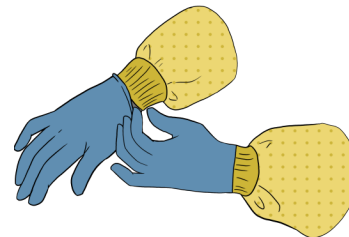
3 Goggles/face shield

- Hold in place over face and eyes
- Adjust to fit



4 Gloves

- Extend opening to cover the wrist of your gown
- Ensure the entire gown wrist is secure inside glove



Four steps to reduce cross-contamination:

1. Avoid touching face with hands
2. Limit number of surfaces touched
3. Replace gloves when heavily contaminated or torn
4. Practice regular hand hygiene

References: 1. Centers for Disease Control and Prevention. Sequence for Putting on Personal Protective Equipment (PPE). Available at: <https://www.cdc.gov/hai/pdfs/ppe/PPE-Sequence.pdf>. Accessed May 19, 2020.