Gown dos and don’ts
For non-surgical healthcare settings

**DO**
- Do wear a gown if you expect to come in contact with blood or body fluids
- Do secure the gown at the base of your neck or waist
- Do ensure your gown securely fits your wrists and pull your gloves over the cuffs
- Do remove your gown by rolling it away from your body—inside out, with the contaminated sleeves and front safe inside the bundle
- Do dispose of contaminated gowns in the correct receptacle—trash for disposable or laundry for reusable

**DON’T**
- Don’t re-use your gown after a patient interaction—they should be disposed of or laundered based on gown type
- Don’t expose your skin to contamination by pushing or rolling gown sleeves up your arms
- Don’t dispose of gowns without ensuring they are completely contained within the trash receptacle
- Don’t wear contaminated gowns in clean areas like hallways, supply rooms or nurses’ stations—remove and dispose of before leaving the patient area

Remember that gowns and other PPE are contaminated after use. It is important to practice hand hygiene before and after removal, or if your hands touch the outside of your PPE.