How to Put on Personal Protective Equipment (PPE) for COVID visitation

Put on PPE in the following order. Ask nursing staff for assistance

1. Perform **hand hygiene**

2. **Gown** - make sure gown covers the front and fastens in the back

3. **Mask** - ensure covers nose to chin and fits close to face

4. **Eye Protection** - place face shield or goggles over eyes

5. **Gloves** - make sure gloves cover over wrists

---

**How to Remove PPE**
Hand hygiene between steps decreases risk of contamination.
Remove in the following order:

1. **Gloves** - use hand sanitizer or wash hands after removing gloves

2. **Eye protection** - remove from back of head by lifting band or ear pieces

3. **Gown** - unfasten ties in back and pull gown away from body

4. **Mask** - remove only when outside of patient room and place a new mask

5. **Wash hands** with soap and water or use hand sanitizer.