
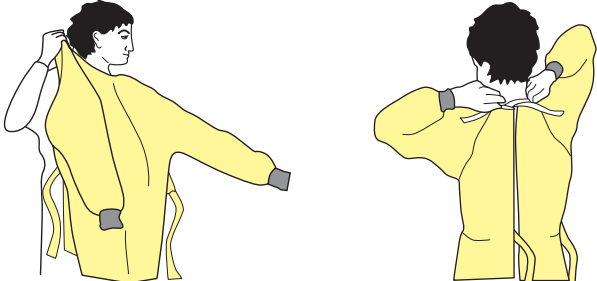


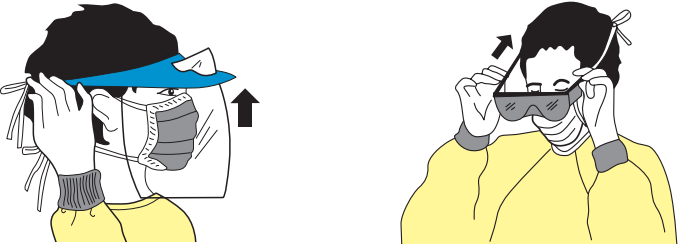
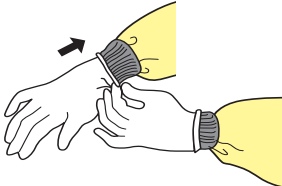


PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

<p>1 Clean Your Hands</p>	<p style="text-align: center;"><i>Alcohol-based hand rub, OR...</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">  <p style="text-align: right;"><i>...Soap & water</i></p> </div>
<p>2 Put on Gown</p>	
<p>3a Put on Mask</p>	
<p>3b Or N95 Respirator</p>	
<p>4 Put on Eye Protection <i>(Unless one step mask with attached eye protection)</i></p>	
<p>5 Put on Gloves</p>	

see reverse for detailed instructions

HOW TO SAFELY USE PPE

- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Take off gloves if they become torn; clean your hands before putting on new gloves
- Limit surfaces and items touched



PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

1 Clean Your Hands

- Alcohol-based hand rub is the preferred method for cleaning hands (*when hands are not **visibly soiled***)
- Clean between fingers, backs of hands, fingertips and thumbs
- Clean hands for a minimum of 15 seconds

2 Put on Gown

- Select appropriate size and type
- Opening to the back
- Secure neck and waist
- If gown is too small, use two gowns:
 1. Gown #1 ties in front
 2. Gown #2 ties in back

3a Put on Mask

- Use a fluid resistant procedure mask or surgical mask or one step mask with attached eye protection
- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with ties or ear loops
- Adjust fit

3b Or N95 Respirator

- Select respirator according to fit testing
- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with top elastic followed by bottom elastic
- Adjust to fit
- Perform a fit check:
 1. Inhale – respirator should collapse
 2. Exhale- check for leakage around face

4 Put on Eye Protection

- Position goggles over head and secure to the head using the ear pieces or headband
- Position face shield over face and secure brow with head band
- Adjust to fit comfortably

5 Put on Gloves

- Select correct type and size
- Put on gloves
- Extend gloves over cuffs of isolation gown