COVID-19 / Coronavirus Outbreak: Donning and Doffing Personal Protective Equipment (PPE) for Healthcare Providers

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Abstract

Appropriate personal protective equipment (PPE) should be worn when screening patients for COVID19. The PPE package must include:

• Gown,
• Gloves,
• Respirator or medical mask
• Eye protection

The following protocol describes the proper procedures for donning and doffing PPE.

Protocol

1. Follow these steps when donning, or putting on, the PPE:

   NOTE: Open shoes are prohibited. Use boot covers if they are available.

   1. Visually inspect the PPE ensemble for any damage.
   2. Slide your arms inside the sleeves of the fluid-resistant, non-sterile disposable isolation gown. You may use a gown with a thumb hole located at the wrist area. Put your thumb through this hole to make sure that there is no visible skin between the sleeves and gloves. Then, tie the gown at the back to secure it around your body.
   3. Hold the N95 respirator mask in the palm of your hands facing down, letting the straps dangle to the floor. Place the respirator mask around your nose and mouth, secure the top strap at the crown of your head and bring the bottom strap below the ears to the base of your neck. Mold the nose piece around the bridge of your nose until it is secure.
   4. Place goggles or a face shield around your eyes and secure them. Make sure the eye protection covers the front and sides of your face. Alternatively, select a surgical mask with a face shield and apply it over your nose and mouth. Cuff the elastic bands around your ears and spread the mask to cover your face from the bridge of your nose to your chin.
   5. Slide latex or nitrile gloves onto your hands, pulling them over the sleeves of your gown. Make sure that your wrists are covered and that no skin is visible.

2. After patient care, you are contaminated and should take the following steps to take off the PPE:

   1. While still in the isolation room, remove your gloves using the glove-to-glove/skin-to-skin technique.
      1. Grasp the outside of one glove at the wrist, making sure to not touch your bare skin.
      2. Peel the glove away from your body, pulling it inside out.
      3. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
      4. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
      5. Dispose of the gloves safely.
2. Untie your gown strap and pull the gown off carefully, away from your body. Roll off the sleeves, taking care to avoid contaminating yourself. Then, roll the gown up into a ball before disposing of it.
3. Prior to removing your eye protection, clean your hands by rubbing all hand surfaces with a 70% alcohol hand sanitizer.
4. Lean forward and gently remove the googles or face shield, avoiding contact with your body.
5. After leaving the isolation area, take off your mask by grabbing it from behind. Pull the bottom strap off first and then the top strap.
6. Clean your hands once again with a 70% alcohol hand sanitizer or with a proper handwashing method.

Disclosures

No conflicts of interest declared.