

## COVID-19 Learning Module

### Proper Donning/Doffing of Personal Protective Equipment

#### Proper Donning (Placement) of Face Masks (surgical, isolation, N95 Respirator)

- Sanitize your hands before drawing the mask from the box. The color side of the mask should be facing out and ensure the nosepiece is at the top.
- Open the pleats and form the nosepiece lightly across the nose and cheekbones. Note that for dye-free masks (often white on both sides), the layer grasped to pull the mask from the box should be facing out once donned.
- Once the nosepiece is formed, pull the ear loops behind your ears.
- If donning a surgical mask, pull the top ties to the crown of the head and tie, followed by tying the bottom ties at the base of the neck.
- Ensure the mask pleats are opened enough to fully cover the nostrils and mouth.
- Once the mask is on comfortably, press along the nosepiece to form a snug fit against the face.
- If donning a visor mask, slide the index fingers between the mask and the bottom of the visor and press along the nosepiece to create the final fit.
- Sanitize your hands again after donning the mask.

#### Proper Doffing (Removal) of Face Masks

- Sanitize your hand again before removing mask. To remove, grasp the ear loops and pull outward/laterally to clear the ears.
- When taking off a surgical mask, tightly grip the ties at the base of the neck and pull outward to break ties, followed by breaking the ties at the crown of the head.
- After ear loops have been removed or ties have been broken, discard according to hospital policies ensuring not to touch the front of the mask as this should be treated as contaminated after use.
- Sanitize hands again after removing mask.

**WATCH THIS IMPORTANT VIDEO: NETEC Video for donning and doffing PPE for COVID:**

<https://www.youtube.com/watch?v=bG6zISnenPg>

### Proper Donning/Doffing of Complete Personal Protective Equipment

#### How to Put On (Don) PPE Gear

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct.

2. **Perform hand hygiene using hand sanitizer.**
3. **Put on isolation gown.** Tie all of the ties on the gown. Assistance may be needed by other healthcare personnel.
4. **Put on Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.

**N95 filtering facepiece respirator or higher.** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients. For other **respirator:** straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.

5. **Put on face shield or goggles.** Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. **Perform hand hygiene before putting on gloves.** Gloves should cover the cuff (wrist) of gown.
7. **Healthcare personnel may now enter patient room.**

#### **How to Take Off (Doff) PPE Gear**

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Forceful removal of PPE can result in shedding contaminated droplets onto the HCP, so remove PPE in a gentle manner. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.
3. **Healthcare personnel may now exit patient room.**
4. **Perform hand hygiene.**
5. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. **Remove and discard respirator.** Do not touch the front of the respirator or facemask.
  - o **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
7. **Perform hand hygiene again immediately after removing your respirator.**

# Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19

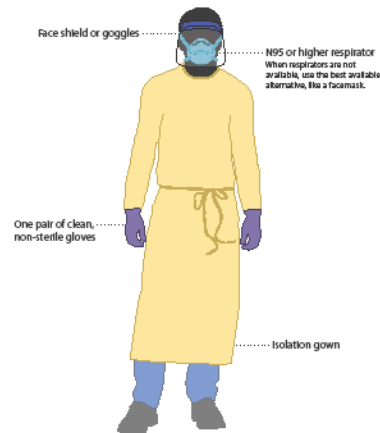
## Before caring for patients with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- **Receive comprehensive training** on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.
- **Demonstrate competency** in performing appropriate infection control practices and procedures.

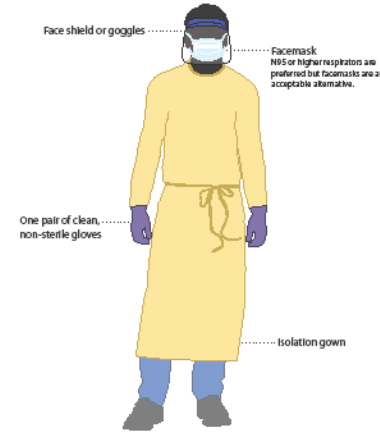
### Remember:

- PPE must be donned correctly before entering the patient area (e.g., isolation room, unit if cohorting).
- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

#### Preferred PPE – Use N95 or Higher Respirator



#### Acceptable Alternative PPE – Use Facemask



### Donning (putting on the gear):

More than one donning method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of donning.

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct (based on training).
2. **Perform hand hygiene using hand sanitizer.**
3. **Put on isolation gown.** Tie all of the ties on the gown. Assistance may be needed by another HCP.
4. **Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available).** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.\*
  - » **Respirator:** Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
  - » **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
5. **Put on face shield or goggles.** Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. **Perform hand hygiene before putting on gloves.** Gloves should cover the cuff (wrist) of gown.
7. **HCP may now enter patient room.**

### Doffing (taking off the gear):

More than one doffing method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of doffing.

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.\*
3. **HCP may now exit patient room.**
4. **Perform hand hygiene.**
5. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. **Remove and discard respirator (or facemask if used instead of respirator).\*** Do not touch the front of the respirator or facemask.
  - » **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
  - » **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.
7. **Perform hand hygiene after removing the respirator/facemask and before putting it on again if your workplace is practicing reuse.**



\*Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

CDC information on PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>