

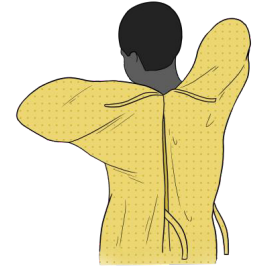
# PPE Best Practice.

## Putting on PPE

Personal protective equipment (PPE) is designed to help protect you from infection—but only if it's worn the right way. We recommend following the CDC guidelines<sup>1</sup> for putting on your PPE based on the level of precautions required such as standard and contact, droplet or airborne infection isolation precautions.

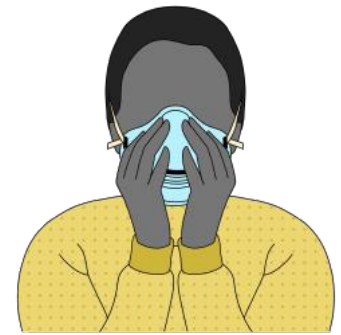
### 1 Gown

- Cover your torso fully—from neck to knees and to the end of wrists, then wrap around your back
- Fasten at the waist and back of neck



### 2 Mask/respirator

- Secure fasteners at your neck and middle of your head
- Adjust flexible band to bridge of your nose
- Adjust for snug fit on face and below chin
- Fit-check respirator



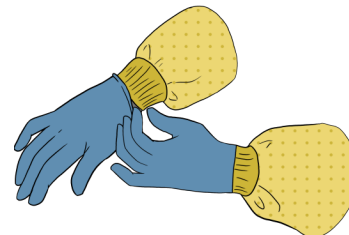
### 3 Goggles/face shield

- Hold in place over face and eyes
- Adjust to fit



### 4 Gloves

- Extend opening to cover the wrist of your gown
- Ensure the entire gown wrist is secure inside glove



#### Four steps to reduce cross-contamination:

1. Avoid touching face with hands
2. Limit number of surfaces touched
3. Replace gloves when heavily contaminated or torn
4. Practice regular hand hygiene