

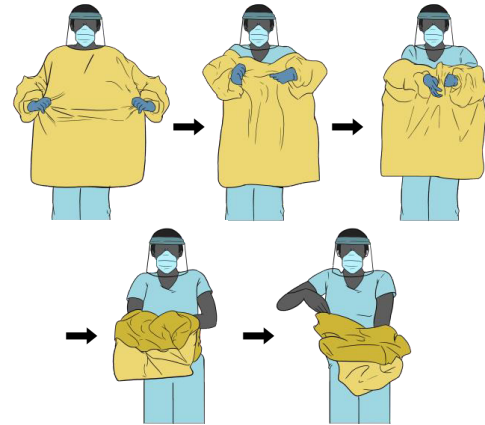
# PPE Best Practice.

## Taking off PPE

It's important to exercise caution when removing contaminated personal protective equipment (PPE). To help minimize risk of infection, we recommend following the CDC guidelines.<sup>1</sup>

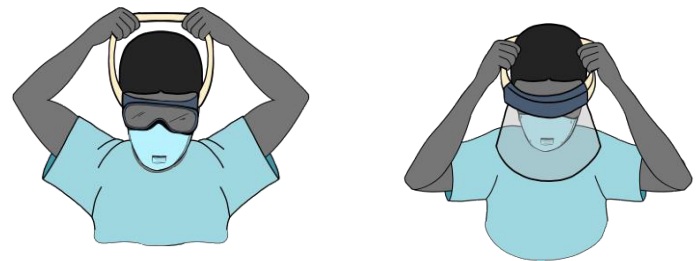
### 1 Gown and gloves

- Using gloved hands to touch the outside of the gown only, grasp the front and pull away from your body to break the ties
- As you remove the gown, fold or roll it inside-out and into a bundle
- When reaching wrists, remove gloves with the gown, only touching the inside of gloves and gown with bare hands—place bundle in waste container



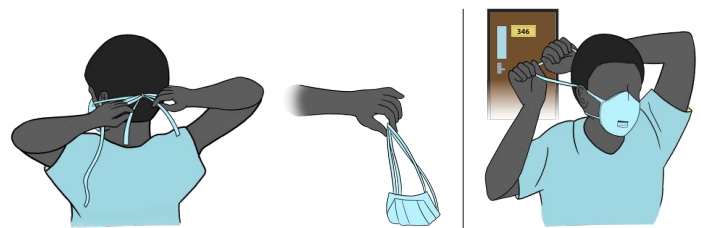
### 2 Goggles/face shield

- Remove from the back, lifting the headband—do not touch the front
- Place reusable items in the designated reprocessing receptacle; discard disposable items in waste container



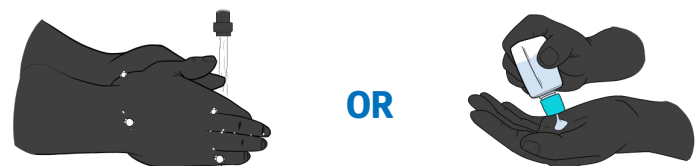
### 3 Mask/respirator

- Grasp bottom fasteners, followed by the top and remove mask/respirator without touching the front with bare hands
- If wearing a respirator in a patient room, remove all other PPE, leave the room and shut the door before removing the respirator
- Discard in waste container



### 4 Hand hygiene

- After all PPE is removed, wash hands or use an alcohol-based hand sanitizer



## CONTAMINATION WARNING:

The outside of your PPE is contaminated. If your hands come in contact with these outside surfaces, immediately wash them or use an alcohol-based hand sanitizer.