Putting on (donning) PPE for suspected COVID-19 case

• Perform hand hygiene before putting on PPE
• PPE should be put on before entering the room where the patient is.

Put PPE on in the following order:

1) Disposable plastic apron

2) Type IIR (Fluid Resistant Surgical Facemask) FRSM
• This should be close fitting and fully cover the nose and mouth. (Do not touch the front of the mask when being worn)

• Position the upper straps on the crown of your head, above the ears and the lower strap at the nape.
• Ensure that the mask is flat against your cheeks.
• With both hands mould the nose piece from the bridge of the nose firmly pressing down both sides of the nose with your fingers until you have a good facial fit.

4) Disposable gloves
• There is no requirement for double gloving
Removing (doffing) PPE for suspected COVID-19 case

• Before leaving the room where the patient is, gloves, apron and FRSM (face mask) should be removed

Order of removal of PPE is as follows;

1) Gloves
• Grasp the outside of glove with the opposite gloved hand; peel off
• Hold the removed glove in the remaining gloved hand
• Slide the fingers of the un-gloved hand under the remaining glove at the wrist
• Discard as clinical waste

2) Apron
• Unfasten or break apron ties, pull the apron away from the neck and shoulders, touching the inside of the apron only
• Turn the apron inside out, fold or roll into a bundle and discard as clinical waste

3) Fluid Resistant Surgical Facemask (FRSM)
• Should be removed outside of the isolation room
• Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only and discard as clinical waste.
• Lean forward slightly

4) Perform hand hygiene after removing PPE