Steps to Take Off (Doff) PPE

During Additional Precautions



1 Safely remove gloves

Use the proper technique of lifting inner cuff first.



2 Remove gown

Remove gown by breaking all the ties, while being careful not to perform a swift pulling action, as it may spread microbes. Reach up to your shoulders first, and remove the gown by rolling it into itself down and away from you.



3 Perform hand hygiene



4 Remove face shield

Carefully remove the face shield by grabbing the strap and pulling upwards and away from the head. Do not touch the front of the face shield.



5 Perform hand hygiene



6 Remove protective eyewear



7 Perform hand hygiene



8 Remove surgical mask or N95 Respirator



9 Perform hand hygiene

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