

Protecting yourself and others from coronavirus

# Personal protective equipment for contact and droplet precautions

Contact and Droplet Precautions must be used for routine care of patients with suspected, probable and confirmed COVID-19. Use advice within the 'Contact and Airborne Precautions' resource for aerosol-generating procedures, including intubation and bronchoscopy and for care of critically ill patients with suspected, probable or confirmed COVID-19.

Use the following personal protective equipment (PPE):

- gown – long sleeved
- gloves – non-sterile
- surgical mask (replace the surgical mask with a P2/N95 for Contact and Airborne Precautions)
- protective eye wear

## Sequence for putting on PPE

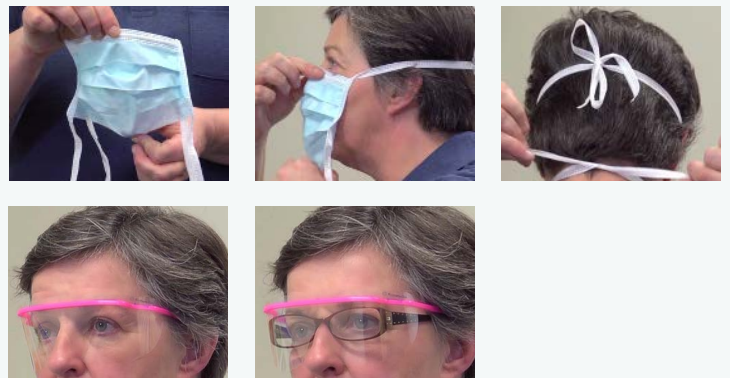
### 1. Gown

- **Perform hand hygiene.**
- Unfold the gown and slide your arms into the arm holes and through the cuffs.
- Secure the top of the gown at the back of the neck and tie the waist ties.



### 2. Mask and protective eyewear

- Put on the surgical mask. Press the nosepiece to conform with the bridge of your nose and cheekbones.
- Place eyewear over your eyes (and prescription glasses if worn) and adjust to fit.



### 3. Gloves

- **Perform hand hygiene.**
- Put on the gloves.
- Extend the gloves to cover the wrist/cuff of your gown.





## Sequence for removing PPE for contact and droplet precautions

*There are two approved sequences for removing PPE – Steps 2 and 3 can be reversed with hand hygiene between (ie remove gown, hand hygiene, remove eyewear, hand hygiene).*

### 1. Remove gloves

- Grasp the outside of the glove with the opposite gloved hand and peel off.
- Hold the removed glove in the gloved hand.
- Slide the fingers of your un-gloved hand under the remaining glove at the wrist.
- Peel the second glove off over the first glove.
- Discard gloves in waste container.
- **Perform hand hygiene.**



### 2. Remove protective eyewear or face shield

- Handle the eyewear or face shield by the headband or earpieces.
- Place in designated receptacle for reprocessing or in waste container.
- **Perform hand hygiene.**



### 3. Remove gown

- Unfasten ties.
- Touching the inside of the gown only, pull the gown away from your neck and shoulders.
- Turn the gown inside out.
- Roll the gown down away from your body, continuing until the gown is in a ball.
- Discard in waste container.
- **Perform hand hygiene.**



### 4. Remove mask

- Unfasten the bottom tie and then the top tie.
- Lean forward and pull the mask away from your face by using the tie or bands.
- Hold the ties or band and discard directly into the waste container.
- **Perform hand hygiene.**

