

DONNING AND DOFFING PPE

COVID-19 AEROSOL CONTACT ISOLATION PRECAUTIONS

Setting Up

To support effective and safe isolation practices, residents on Aerosol Contact Isolation Precautions should have the following in place at the entry to the resident room:

- ❑ A sign indicating Aerosol Contact Isolation Precautions should be placed on the door to the resident room.
- ❑ Place a cart containing personal protective equipment (PPE) and Alcohol-based Hand Hygiene (ABHR) at the entry to the resident doorway.
- ❑ Ensure that all necessary items are stocked and readily available for use when needed for resident care.
- ❑ Where resident safety and space permit, place a waste bin at the doorway inside the resident room. Consider using bins that are:
 - Large enough to hold discarded PPE generated during the period of time between scheduled trash removal.
 - Fitted with a lid to contain contents and prevent spillover of contaminated items and have hands free operation (such as foot operated).
- ❑ Place a smaller waste receptacle outside the resident room for disposal of contaminated masks and eye protection.
- ❑ Staff should **not** walk through the facility (or from room to room) with the same gown and gloves used for other resident care.

Donning (Putting On) PPE

Donning PPE should be performed in the hallway, before entering the resident room.

1. **Mask:** If wearing a KN95 or medical mask, perform hand hygiene and remove the mask. Grasp the ear loops of the mask and pull it away from the face. Discard it into the trash.
2. **N95 Respirator:** Perform hand hygiene before donning respirator.
 - a. Holding the respirator in your non-dominant hand, pull both elastic bands over your head. Place the lower band at the back of the neck and the other across the crown of the head.
 - b. Fit flexible band to nose bridge and across contact surface of the face.
 - c. Fit the lower edge of the mask securely below the chin.
 - d. Perform a seal check.
3. **Gown:** Don gown. It should cover the torso from the neck to the knees.
 - a. Arms should be covered to the wrist. If thumb holes are present in the sleeves, ensure that thumbs are placed through the holes.
 - b. Secure the gown at the back of the neck and waist.
4. **Eye Protection:**
 - a. Eye protection is required when caring for residents with known infection or symptomatic for COVID-19.
 - b. Don eye protection and adjust to fit, ensuring that the eyes are protected.
5. **Gloves:** Change gloves during the patient care visit if they become contaminated, ripped or torn, or when moving from a soiled patient care activity to a clean one.
 - a. Perform hand hygiene
 - b. Don gloves
 - c. Ensure that gloves cover the wrists of the isolation gown.

Doffing (Removing) PPE

1. Inside the resident room:
 - a. Remove gloves. Use a technique that does not cause additional contamination of the hands (glove-in-glove or bird beak).
 - b. Remove the gown. Untie or unsnap the gown. If gown ties can be broken, reach up to the shoulders, grab the fabric and gently pull the gown away from the body until the straps break. Gently roll the gown down and in on itself. Dispose of the soiled gown and glove in the covered trash in the resident room.
 - c. Perform hand hygiene
 - d. Exit the resident room. Perform hand hygiene again if hands have become contaminated.
2. Outside of the resident room:
 - a. Remove eye protection by grabbing the straps and pulling the goggles or face shield upwards and away from the head.
 - b. Wipe the surfaces of the goggles/face shield with an approved disinfectant and place it, face down on a clean surface (such as a paper towel).
 - c. Remove N95 respirator
 - i. From the back of the head, grasp the bottom and top straps of the respirator.
 - ii. Pull it upward off the top of the head, avoiding contact with the outside of the respirator and your hands or face.
 - d. Perform hand hygiene and don a new mask

**Facilities implementing extended use of PPE on COVID units will need to adjust their donning and doffing procedures to accommodate those practices.*

Additional Resources

Donning and Doffing [PPE-Sequence.pdf \(cdc.gov\)](#)

Video: [Donning PPE: Introduction Personal Protective Equipment \(PPE\)](#)

Video: [Doffing PPE: Prepare to Doff Your PPE Personal Protective Equipment \(PPE\)](#)

[STRIVE Infection Control Training | CDC](#)

