

Outpatient Droplet and Contact Precautions - Donning PPE

Including Eye Protection

Video Available At: <https://bit.ly/TUKHS1>



Perform hand hygiene

1. Rub your **hands** together, covering all surfaces of both **hands**, including between your fingers and up around your fingertips and nails.
2. Rub **hands** together for **30 seconds** to allow your **hands** to completely absorb the product and the **hand sanitizer** to completely dry.



Removal of watches and rings help prevent the spread of microorganisms that may be hidden under them.

Don gown

1. Ensure gown is secured around **neck**, **thumbs**, and **tied in the back**.



Don mask

1. **Secure** elastic bands behind ears or ties at middle of head and neck.
2. **Fit flexible band to nose** bridge
3. **Fit snug** to face and **below chin**



Don face protection

1. Place goggles or face shield over face and eyes.
2. Adjust to fit.



Don gloves

1. Select gloves making sure that they **fit securely**.
2. Pull them **over the cuffs of your gown** to cover the edges of the gown's sleeves



Outpatient Droplet and Contact Precautions - Doffing PPE

Remember: The outside surfaces of your mask, shield, gloves, and outside of gown are contaminated. Doff these items in room or immediately outside room. **If any risk of contamination** during removal, immediately **perform hand hygiene** with alcohol-based hand rub for 30 seconds.

Option A - Removal of PPE with gown and gloves separately

- Remove gloves
Using **glove in glove technique**:
 1. Using a **gloved hand**, **grasp the palm area** of the other gloved hand and peel off first glove.
 2. Hold **removed glove in gloved hand**.
 3. Slide fingers of **ungloved hand under remaining glove** at wrist and peel off second glove over first glove.
 4. **Discard** in waste container.



- Remove gown
 1. **Tear perforations** on waist and at back of neck.
 2. Pull gown away from body, **touching only the inside of the gown** and **turning inside out** as you remove it **rolling it into a bundle**.
 3. **Discard** in waste container.



Option B - Removal of PPE with gown and gloves together

- Combined removal of gown and gloves
 1. **With gloved hands**, grasp front of gown and break ties around waist and at neck.
 2. Pull gown away from neck and shoulders, **touching only the outside of the gown**.
 3. **Turn inside out as you remove** it rolling it into a bundle.
 4. As you **remove the gown, peel off gloves** at the same time only touching the insides of the gown and gloves with bare hands.



Perform Hand hygiene (30 seconds with hand sanitizer)

- Doff Goggles or Face Shield
 1. Remove goggles or face shield **from the back of head** by lifting head band or earpieces.
 2. If the item is **reusable**, **place in designated** location for disinfection process.



Perform Hand hygiene (30 seconds with hand sanitizer)

- Doff mask / Doff mask (with face shield)
 1. Grasp bottom ties or **elastics of the mask**.
 2. Remove **without touching the front**.
 3. **Discard** in waste container.



Perform Hand hygiene (30 seconds with hand sanitizer)

DISINFECTION OF REUSABLE EQUIPMENT

Perform Hand hygiene (30 seconds with hand sanitizer)

Don gloves

- 1. Select gloves making sure that they **fit securely**.



Disinfect Goggles or Face Shield

- 1. **Wipe down goggles/shield** with **purple top wipes** following the appropriate **2 minute contact time**.
- 2. Place on designated location.



Disinfect contaminated surfaces outside of room

- 1. Wipe down room **door handle** and **flat surface** used to set down PAPR with **purple top wipes** following the 2 minute appropriate contact time.



Remove gloves - using glove in glove technique

- 1. Using a **gloved hand**, **grasp the palm area** of the other gloved hand and peel off first gloves. Hold **removed glove in gloved hand**.
- 2. Slide fingers of **ungloved hand under remaining glove** at wrist and peel off second glove over first glove.



Perform Hand hygiene (30 seconds with hand sanitizer)