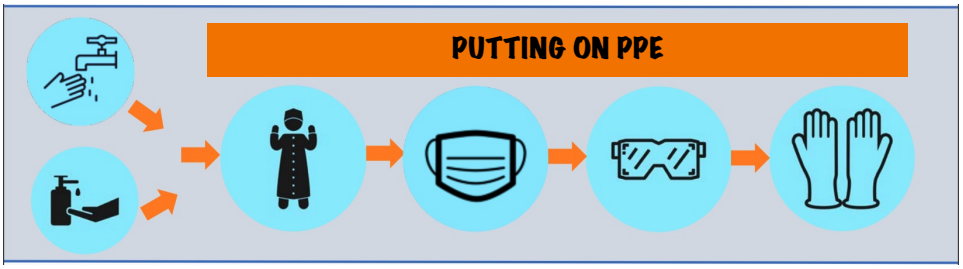
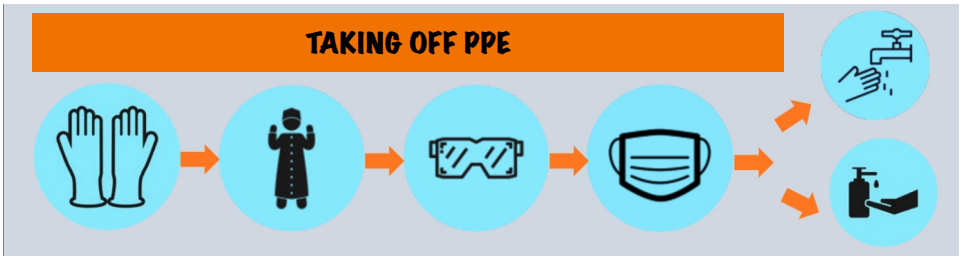
HOW TO PUT ON AND TAKE OFF PERSONAL PROTECTIVE EQUIPMENT (PPE)



1. Wash hands thoroughly for at least 20 seconds with soap and hot water. Dry hands. If soap and water are not available then sanitise hands using a sanitiser with at least 60% alcohol
2. Put on protective apron if required
3. Put on face mask/face covering
4. Put on goggles or face shield if using one
5. Put on gloves



1. Act as though it's all covered in wet paint that you don't want to get on your skin/clothes
2. Take off gloves (see technique below)
3. Take off goggles or face shield
4. Take off face mask/face covering (see technique below)
5. Carefully take off disposable apron by breaking the plastic round your neck, DO NOT TAKE IT OFF OVER YOUR HEAD AS YOU CAN GET THE VIRUS ON YOUR FACE, IN EYES, NOSE ETC AND YOU CAN BREATHE IT IN TOO.
6. Clean any reusable PPE or bag it until it can be washed, and carefully dispose of any non-reusable PPE.
7. Lastly wash or sanitise your hands again.

Do:

- Make sure your mask covers your face snugly but comfortably.
- Remove and dispose of paper masks and other personal protective equipment, such as gloves, in the garbage before you get into your car or home.

- To avoid cross-contamination, consider carrying a separate bag to put your soiled mask in if you are going to bring it home to launder.
- Always wash your hands before and after handling your mask.

Don't:

- Don't pull your mask down. If you touch it, wash your hands and put on a clean one.
- Don't continue to use your mask if it gets damp. Replace it.
- Don't reuse single-use masks. Wear a fresh one every time.
- Don't wear medical masks or respirators, as those should be reserved for health care workers.

IF YOU ARE ILL, PLEASE STAY AT HOME