

Protecting yourself and others from coronavirus

# Personal protective equipment for contact and airborne precautions

Contact and Airborne Precautions must be used for aerosol-generating procedures including intubation and bronchoscopy, and for the care of critically ill patients with suspected, probable and confirmed COVID-19.

Use advice within the 'Contact and Droplet Precautions' resource for routine care of people with suspected, probable or confirmed COVID-19.

Use the following personal protective equipment (PPE):

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

## Sequence for putting on PPE

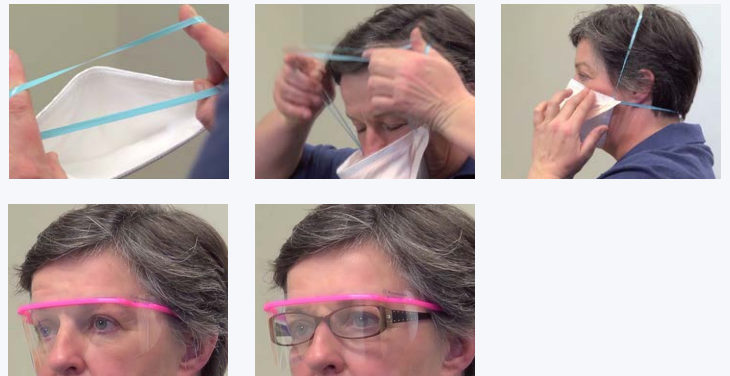
### 1. Gown

- **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 P2/N95 mask. Press the nosepiece to conform with the bridge of your nose and cheekbones.
- Fit check for N95 mask: Check the mask is on securely by breathing heavily. The mask should collapse slightly when you breathe in and expand when you breathe out. You should not feel air leaking from the mask.
- 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

*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 ties.

- Bring the bottom band up to the top band.
- Lean forward and pull the mask away from your face by using the bands.
- Hold the bands and discard directly into the waste container.
- **Perform hand hygiene.**

