Protect Yourself - Protect Others
Personal Protective Equipment
Putting it on in 5 easy steps

1. Hands
   - Clean your hands with sanitizer or soap and water.

2. Gown
   - Tie at top.
   - Then tie at waist.
   - Ensure the opening is in back and it covers your skin and clothes.

3. Mask
   - Put on a procedure or surgical mask.
   - Mold the metal to fit your nose.
   - A fit check must be performed with each use.

4. Eye Protection
   - Put on eye protection.

5. Gloves
   - Pull on gloves and ensure they cover the cuffs of your gown.

Alternate: Combo mask/eye shield.
Alternate: N95 respirator if indicated.

*Remove all PPE, with the exception of N95, before leaving patient room.

Adapted with permission from the Winnipeg Regional Health Authority