Protect Yourself - Protect Others
Personal Protective Equipment

Taking it off in 6 easy steps

1. Gloves
   - Remove gloves.
   - Clean your hands with sanitizer or soap and water.

2. Gown
   - Untie neck. Untie waist.
   - Hook fingers under opposite cuff. Pull over hand.
   - Use gown-covered hand to pull gown over other hand.
   - Pull gown off without touching outside of gown.
   - Roll up inside out/discard.

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

4. Eye Protection
   - Remove by handles and place in reprocessing bin or garbage.

5. Mask/N95 respirator
   - Remove using loops or ties; do not touch mask.
   - N95 should be removed outside of the room after the door has been closed. Place in garbage.

6. Hands
   - Clean your hands immediately after removal of PPE or anytime you suspect your hands are contaminated during PPE removal.

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

Adapted with permission from the Winnipeg Regional Health Authority