Before caring for clients with confirmed or suspected COVID-19, CAREGivers must receive comprehensive training on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance and disposal of PPE.

The appropriate steps when donning and doffing full PPE are:

|  |  |
| --- | --- |
| **DONNING**Secure any loose hair or wear a hair coverPerform hand hygienePut on shoe covers Put on gownPerform hand hygienePut on mask/respiratorPut on eye protectionPut on gloves  | **DOFFING**Remove Shoe CoversRemove gown and gloves togetherPerform hand hygieneRemove eye protection Remove facemaskPerform hand hygiene |

Isolation gowns are generally the preferred PPE for clothing, but aprons can be used when limited contamination is anticipated. Gowns should fully cover the torso, fit comfortably over the body and have long sleeves that fit snuggly at the wrist. You may also use isolation coveralls if they meet the same specifications.

**Donning**

1. Unfold the gown and hold it so the opening is toward your back.
2. Place your arms through the sleeves.
3. Some gowns have ties and others have openings to slip over your head.
4. Tie the gown snugly at both the waist and neck (if applicable).

**Doffing**

1. As you begin to take off your gown, remember the front and the sleeves are contaminated.
2. If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer.
3. Unfasten gown ties, making sure that sleeves don’t contact your body when reaching for ties.
4. Pull gown away from neck and shoulders, touching inside of gown only.
5. If the neck of the gown does not have ties, this action will break the neck section. This also will show the gown as used.
6. Turn gown inside out.
7. Fold or roll into a bundle. Place it in a plastic bag that you can seal. Then, throw the plastic bag in a garbage bin.