

# STAY SAFE!

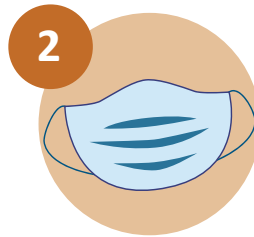
## A guide to wearing personal protective equipment (PPE)



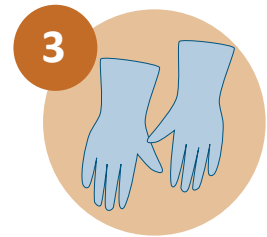
### Putting on PPE "Donning"



Clean your hands first. Use enough hand sanitizer – about the size of a quarter. Rub for at least 20 seconds.

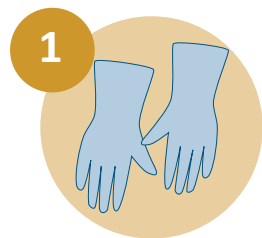


Put on your facemask. Make sure it covers your nose and extends below your chin.

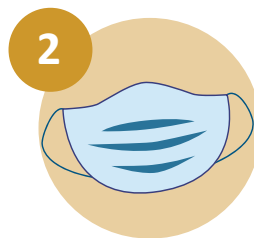


Put your gloves on last.

### Taking off PPE "Doffing"



Avoid touching the outside of your gloves when taking them off and throwing them away. That's where the germs are.



Pull the mask away from your face without touching the front of it. Put it in a bag if using again.



Clean your hands after you've taken off all your PPE.

