

STAY SAFE!

A guide to wearing personal protective equipment (PPE) in home care

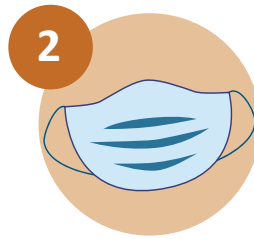


Putting on PPE "Donning"

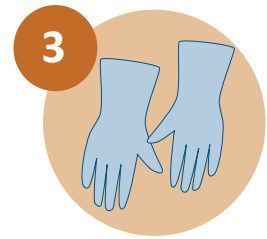
Put on PPE before you enter the home or before you enter someone's room in a facility.



1
Clean your hands first. Use enough hand sanitizer – about the size of a quarter. Rub for at least 20 seconds.



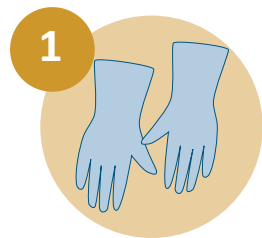
2
Put on your facemask. Make sure it covers your nose and extends below your chin.



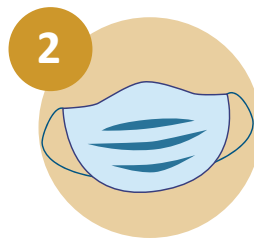
3
Put your gloves on last.

Taking off PPE "Doffing"

This should be done outside the residence or room.



1
Avoid touching the outside of your gloves when taking them off and throwing them away. That's where the germs are.



2
Pull the mask away from your face without touching the front of it. Put it in a bag if using again.



3
Clean your hands after you've taken off all your PPE.

