

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.

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 have taken off all your PPE.

Washing your hands

Wash your hands often. You want to avoid spreading germs when:

- You touch something others will touch, like door handles, tables, gas pumps, shopping carts, electronic cashier registers/screens, etc.
- You blow your nose, cough, or sneeze
- You handle your facemask
- You have helped someone bathe, brush teeth or had other close contact

Follow these five steps every time.



Wet your hands with clean water (warm or cold).



Apply soap and rub your hands together.



Scrub **for at least 20 seconds**. Get the backs of your hands, between your fingers, and under your nails.



Rinse your hands well under clean water.



Dry your hands with a clean towel or air dry them.