

## Putting on PPE "Donning"

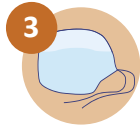
Put on PPE before you enter the home or before you enter someone's room in a facility. You won't always need all of the PPE shown here.



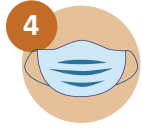
**1**  
Hand sanitizer  
*For at least 20 seconds*



**2**  
Gown or jumpsuit



**3**  
Head covering



**4**  
Facemask or respirator



**5**  
Eye protection



**6**  
Shoe coverings



**7**  
Hand sanitizer  
*For at least 20 seconds*



**8**  
Gloves  
*Cover the wrists of your gown*

## Taking off PPE "Doffing"

This should be done outside the residence.



**1**  
Gloves  
*Don't touch the outside*



**2**  
Gown or jumpsuit  
*Don't touch the outside*



**3**  
Hand sanitizer  
*For at least 20 seconds*



**4**  
Eye protection  
*Don't touch the front*



**5**  
Head and shoe coverings



**6**  
Hand sanitizer  
*For at least 20 seconds*



**7**  
Facemask or respirator  
*Don't touch the front*



**8**  
Hand sanitizer  
*For at least 20 seconds*

# 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.