

DONNING AND DOFFING GUIDE FOR HEALTHCARE WORKERS IN HOSPITAL INPATIENT SETTINGS

According to the CDC, high risk jobs are those with potential for exposure to known or suspected sources of COVID-19.¹ Workers in this category include nurses, nursing assistants, physicians, technicians, therapists, pharmacists, students and trainees. PPE selection is based on type of exposure. N95 respirators or respirators that offer a higher level of protection should be used when present or performing aerosol-generating procedures. It is important to correctly wear PPE to protect yourself and others from COVID-19. Additional information on PPE use during clinical care can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/us-healthcare-facilities.html>

For optimal protection and to avoid cross-contamination during the donning and doffing process, follow these steps:^{1,2,3}

DONNING	DOFFING
<ol style="list-style-type: none"> 1. Perform hand hygiene. 2. Protective clothing: Don gown. Secure all ties/fasteners. If back closure, a second operator should assist. 3. Mask/Respirator Mask: Tie at top of head and base of neck or loop over ears to secure. Respirator: Place straps at top of head and base of neck to secure, eliminating any gaps between respirator and face. Perform seal check. 4. Eye protection: Place goggles or face shield over mask straps and ensure elastic strap fits snugly on head. 5. Perform hand hygiene before putting on gloves. 6. Gloves: Don gloves as final step, be sure to extend gloves over gown cuff or clothing to cover wrist and limit exposure. 	<ol style="list-style-type: none"> 1. Remove gloves being careful to prevent additional contamination of hands. Gloves can be removed using more than one technique with primary goal of not touching outside contaminated portion. Discard in sealed trash receptacle. 2. Remove gown. First untie or unsnap all buttons. Reach up to shoulders and carefully pull gown down and away from body. Roll gown down and discard in sealed trash receptacle. 3. Exit patient room and perform hand hygiene. 4. Remove face shield or goggles by grabbing strap, pulling upwards and away from head. Do not touch front of face shield or goggles. Discard in a sealed trash receptacle or prepare for cleaning/reprocessing. 5. Remove and discard respirator or mask without touching the front. Respirator: To remove the bottom strap, bring over the head, repeat with top strap, then pull the respirator away from face. Mask: Carefully untie or unhook straps and pull away from face. Discard respirator or mask in a sealed trash receptacle. 6. Perform hand hygiene after removing respirator or mask.



IMPORTANT TIPS TO REMEMBER^{1,2,3}

1. Identify and gather the proper PPE for donning.
2. Type of PPE is dependent on exposure. For aerosol generating procedures, an N95 respirator is recommended.
3. PPE must be donned correctly before entering the patient area.
4. PPE must remain in place and be worn correctly for the duration of patient care.
5. PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.
6. PPE must be removed slowly and deliberately in a sequence that prevents self-contamination.
7. Ensure safe waste management. Treat waste contaminated with blood, body fluids, secretions and excretions as medical waste, in accordance with local regulations.

HAND HYGIENE⁴

Before donning and after doffing PPE for care of any patient, proper hand hygiene should be performed.

Wash hands with soap and water for at least 20 seconds, or disinfect hands with an alcohol based hand rub (≥ 60% alcohol) in compliance with your organization's recommended procedure.

References:

1. CDC Infection Control Guidance for Healthcare Professionals About COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>. Accessed August 4, 2020.
2. Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings. https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html. Accessed August 4, 2020.
3. The Joint Commission, Personal Protective Equipment (PPE). <https://www.jointcommission.org/en/covid-19/>. Accessed August 4, 2020.
4. CDC Hand Hygiene Recommendations. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>. Accessed August 4, 2020.

➔ For more information on infection prevention and control of COVID-19, please visit: www.ansell.com/us/en/the-new-coronavirus

Please Note: Given the novelty of this coronavirus, recommendations from the source references are interim and advisory in nature and are based on current knowledge of the situation. Always ensure compliance with your local public health authorities regulations surrounding conservation, usage, and selection guidance of PPE to combat the COVID-19 pandemic.