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. 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

<table>
<thead>
<tr>
<th>DONNING</th>
<th>DOFFING</th>
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<tbody>
<tr>
<td>1. Perform hand hygiene.</td>
<td>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.</td>
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<td>2. Protective clothing: Don gown. Secure all ties/fasteners. If back closure, a second operator should assist.</td>
<td>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.</td>
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<td>4. Eye protection: Place goggles or face shield over mask straps and ensure elastic strap fits snugly on head.</td>
<td>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.</td>
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<td>5. Perform hand hygiene before putting on gloves.</td>
<td>5. Remove and discard respirator or mask without touching the front.</td>
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<td>6. Gloves: Don gloves as final step, be sure to extend gloves over gown cuff or clothing to cover wrist and limit exposure.</td>
<td>Respirator: To remove the bottom strap, bring over the head, repeat with top strap, then pull the respirator away from face.</td>
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Mask:
- Tie at top of head and base of neck to secure, eliminating any gaps between respirator and face. Perform seal check.

Respirator:
- Place straps at top of head and base of neck to secure, eliminating any gaps between respirator and face. Perform seal check.

Eye protection:
- Place goggles or face shield over mask straps and ensure elastic strap fits snugly on head.

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

References:


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.

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