Personal Protective Equipment (PPE)
Donning and Doffing Sequence – Modified CDC Method
N-95 and Double Gloving

Note
This is for informational purposes only. Content guidelines presented are according to the CDC as of March 12, 2020 and are subject to change dependent on further delineation by the CDC. Remember: If your hands become contaminated during the doffing procedure, perform hand hygiene before continuing.

Donning Procedure
All donning procedures should be performed outside of the patient’s room

1. Prepare for care by assembling necessary equipment and consider how best to bundle care to minimize room entry and exit

2. Secure hair, remove jewelry and unnecessary equipment (e.g., stethoscope)

3. Perform hand hygiene

4. Don gown
   a. Fasten ties at neck and around waist – use bows to avoid knots

5. Don N-95 mask
   a. Secure elastic so that the straps don’t cross
      i. Top strap at crown of head
      ii. Bottom strap on neck below hairline
   b. Form flexible metal band around bridge of nose
   c. Fit-check respirator for leaks by deeply inhaling and sharply exhaling
      i. Reform nose bridge or adjust straps to secure a proper fit if leaks are detected

6. Don face shield or goggles
   a. Eye glasses are not a substitute for a face shield or goggles

7. Don two pairs of gloves so that the first pair is under the wrists of the gown and the second pair extends over the wrists of the gown

8. Double check that all PPE is in place, secure, and fits well

9. Enter patient’s room and provide care while avoiding touching your face or hair
**Doffing Procedure**

- There are several safe procedures for doffing PPE and your local standards may vary slightly from the sequence below based upon local regulations, equipment, and training. Check with your local Infection Prevention Leader or Clinical Educators if you have any questions.
- Your outer gloves, the outside of your goggles or face shield, the front and sleeves of your gown, and the front of your N-95 mask are considered contaminated. Avoid touching these areas.
- When there is an anteroom, all doffing occurs there. When there is no anteroom, the gown and gloves are doffed in the patient room near the door except for the N-95 mask and face shield which are removed outside of the patient room.
- *If your hands become contaminated during the doffing procedure, perform hand hygiene before continuing*

1. Take a moment to review the doffing steps and do not rush

2. Doff your gown and outer gloves together in a controlled, slow, single motion.
   a. Break the straps and allow gown to fall forward.
   b. Slowly roll the gown off, inside-out, and end by removing the outer set of gloves together with the rolled gown.

3. Lean forward with your face looking downward and doff the face shield/googles being careful not to touch the front of the item

4. Lean forward with your face looking downward and doff the N-95 mask (always outside of the room) by using the elastic straps. Avoid touching your face and the front of the mask while being careful not to snap the elastic.

5. Doff the inner set of gloves using the glove-to-glove, skin-to-skin method
   a. Grasp the gloved palm of one hand with the other gloved hand
   b. Peel off the first glove and hold it with the still gloved hand
   c. With your bare hand, slide your finger between the glove and skin of the other hand
   d. Peel off the final glove

6. Perform hand hygiene