Personal Protective Equipment (PPE)
Donning and Doffing Sequence – CDC Method
Simple Mask and Single 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 simple mask (procedural or surgical)
   a. An N-95 mask, PAPR, or CAPR is required for any aerosolizing procedures. These include:
      i. Tracheal Intubation or Extubation
      ii. Any time you open a ventilator circuit
      iii. Bronchoscopy
      iv. Open suction catheter use (tracheostomy, entotracheal tube, nasotracheal tube)
      v. Placing or exchanging tracheostomy tubes
      vi. Nebulizer treatments (Meter Dose Inhalers should be used unless clinically contraindicated)
      vii. Heated High Flow nasal Cannula Oxygen Therapy (e.g., optiflow or vapotherm)
      viii. Continuous aerosol therapy
      ix. Obstructive Sleep Apnea CPAP (non-acute respiratory failure)
      x. RT Interventions for secretion therapy such as CPT, PEP, IPV, Metaneb, etc.

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

7. Don gloves so that the glove 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 gloves, the outside of your googles or face shield, the front and sleeves of your gown, and the front of your mask are considered contaminated. Avoid touching these areas.
• When there is an anteroom, all doffing occurs there. When there is no anteroom, equipment is doffed in the patient room near the door.
• **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 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
3. Perform hand hygiene
4. Lean forward with your face looking downward and doff the face shield/googles being careful not to touch the front of the item
5. Doff gown by breaking (or untying, depending upon the gown type) straps. Grasp the gown at the ties or back and carefully unroll the gown – inside out, touching only the inside of the gown - while holding it out in front of your body.
6. Lean forward with your face looking downward and doff the simple mask by using the elastic straps. Avoid touching your face and the front of the mask while being careful not to snap the elastic.
7. Perform hand hygiene