The 9 steps to Doff (take off) Personal Protective Equipment (PPE)

1. **Gloves**
   - Remember, the outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste.

2. **Perform Hand hygiene**
   - Clean all surfaces of hands and wrists.

3. **Gown**
   - Unfasten ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Discard in regular waste or soiled linen cart.

4. **Perform Hand hygiene**
   - Clean all surfaces of hands and wrists.

5. **Goggles or face shield**
   - Do NOT touch the front of them. Discard in regular waste or put in receptacle for reprocessing.

6. **Perform Hand hygiene**
   - Clean all surfaces of hands and wrists.

7. **Mask or N95 Respirator**
   - Grasp ties or elastics at back and remove WITHOUT touching the front. Discard in regular waste or in receptacle for reprocessing.

8. **Perform Hand hygiene**
   - Clean all surfaces of hands and wrists.

9. **Exit Room**
   - AFTER performing hand hygiene (cleaning all surfaces of hands), exit room.

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**If at any time during this process you become concerned that you may have contaminated your hands, STOP and do hand hygiene an additional time.**

**If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.**