Health Care Worker in N95 & Gown

Donning Instructions

The Health Care Worker (HCW) must don PPE following checklist instructions by Trained Observer (TO). HCW PPE donning is completed in cold zone. The required PPE for HCW caring for a person suspect or confirmed High Threat Pathogen (HTP) includes:

□ Fluid Impervious Gown	□ Knee High Leg Coverings	□ Fit test N95
□ Two pair of extended cuff gloves	□ Apron	□ Surgical / bouffant cap (hair control if needed)
□ Face shield	□ Should Length Hood	□ 3rd pair of gloves if needed

Before donning any PPE:

1. Inspect PPE prior to donning. Replace PPE if defects are found
2. Remove lanyards, watches, jewelry and other personal items (Personal eyeglasses and own shoes may be worn). Securely tie back hair if applicable
3. Change into hospital scrubs
4. Do hand hygiene with alcohol-based hand rub (ABHR). Always allow hands to dry before moving to the next step
5. Inspect skin integrity of hands and arms and cover any broken skin
6. Engage the trained observer and repeat instructions back before performing each step

High Threat Pathogen – PPE Donning and Doffing Poster

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1. Remove own shoes and put on fluid- impervious knee-high leg and foot coverings



2. Perform Hand Hygiene with hand sanitizer



3. Don bouffant /surgical cap to secure hair



4. Don disposable gown of sufficient length to reach mid-calf. Do not tie up inside tie of gown



5. Don N95 respirator



6. Don fluid- impermeable hood ensuring it covers all hair and ears and extends past neck to the shoulders



7. Perform a respirator seal check



8. Don full face shield



9. Perform hand hygiene with hand sanitizer



10. Don pair of extended cuff gloves **under** the cuff of the gown sleeve



11. Don pair of extended cuff gloves. Pull each glove completely **over** the cuff of the gown sleeve



12. Don apron and 3rd pair exam gloves. Write name and designation on tape to place on front of apron

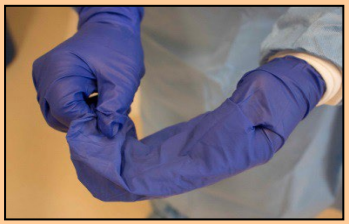
	
13. Confirm with the trained observer that the PPE is on correctly with no gaps that expose skin or mucous membranes.	

Doffing Instructions

HOT ZONE

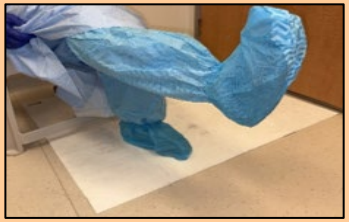
			
1. Remove apron and 3rd pair of gloves if applicable. Roll apron tightly, dirty side in	**2.** Inspect outer gloves for visible contamination, cuts or tears. If outer glove is cut or torn, notify the **trained observer**. This is a breach	**3.** Wipe outer gloves with one disinfectant wipe per hand, and wait **1 minute**	**4.** Wipe door handle with a new disinfectant wipe and exit the hot zone onto an absorbent mat in the **warm zone**

WARM ZONE

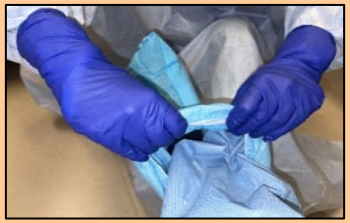
			
Step onto absorbent mat with disinfectants (e.g. Accel Intervention)	**1.** Doff outer gloves using glove to glove technique	**2.** Inspect inner gloves for visible contamination, cuts or tears. If inner glove is cut or torn, notify trained observer. This is a breach	**3.** Wipe inner gloves with one disinfectant wipe per hand, and wait **1 minute**

			
3. Doff face shield by tilting your head forward, pulling over the head using **rear strap**. Discard in infectious waste container	**4.** Wipe inner gloves with one disinfectant wipe per hand, and wait **1 minute**	**5.** Doff hood by grabbing hood from behind, pulling over head and away from body -place in infectious waste container. **Do not touch hair or face**	**6.** Wipe inner gloves with one wipe per hand, and wait **1 minute**
			
7. Doff gown – DA to assist. Untie side strap of gown	**DA to Assist**: release the Velcro snap and roll gown forward for the HCW	Slowly remove gown by rolling dirty side in and away from the body, dirty side in, (like a burrito), touching only inside. Discard in the infectious waste container	**8. HCW** & **DA** - Wipe inner gloves with one disinfectant wipe per hand, and wait **1 minute**

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9. HCW sit on stool to allow removal of knee high foot covers.



DA pull down knee high foot covers avoiding contaminating **HCW** scrubs.



HCW place foot off absorbent pad towards exit



10. DA - Wipe inner gloves with one disinfectant wipe per hand, and wait **1 minute**



11. HCW doff inner gloves using glove to glove technique avoiding contamination of bare skin.



Perform hand hygiene using hand sanitizer



12. Remove **N95**. Do not touch front of the **N95**. Tilt head forward and allow mask to fall forward into infectious waste container.



13. Perform hand hygiene using hand sanitizer.



14. Remove bouffant/surgical cap. **Do not touch hair or face.**



15. Perform hand hygiene using hand sanitizer or soap and water up to elbows.



16. Perform final inspection for BBF contamination on hospital scrubs or body.

After leaving Warm Zone:

- HCW may change scrubs
- Perform hand hygiene up to elbows with soap and water up to elbows.

BREACH	HOT Zone	WARM Zone
Outer glove is torn	Wipe with disinfectant wipe, initiate **doffing** process as per **checklist**	Continue with **doffing** as per **checklist**
Inner glove is torn	NA	• Wipe with disinfectant wipe up to elbows • Doff gloves, perform hand hygiene with ABHR or soap & water (if available) and replace with new gloves • Continue **doffing** process per **checklist**
Gown/ Coverall is torn	Initiate **doffing** process as per **checklist**	Continue with **doffing** as per **checklist**
Gown / Coverall has **visible contamination** that is unable to wipe off	Initiate **doffing** process as per **checklist**	Continue with **doffing** as per **checklist**
Glove is separated and **skin is exposed**	Initiate **doffing** process as per **checklist**	Continue with **doffing** as per **checklist**
Needlestick or puncture of skin – Possible BBF Exposure	• Wipe gloves with disinfectant wipe • Initiate **doffing** process as per checklist • **Do not squeeze or milk finger**	• Wipe gloves with disinfectant wipe • Initiate **doffing** process as per **checklist** • After exiting **warm zone** and changing scrubs, wash area with soap and water **Do NOT squeeze or milk finger** • Follow regular BBF Exposure process per your health authority
After doffing, there is **visible contamination** of BBF on **scrubs**.	NA	After doffing, but before exiting **warm zone**: • Remove contaminated scrubs (use scissors to cut off a top if that is contaminated) • Wash with soap and water or if not available use ABHR to wipe affected area • Don clean gown • Exit **warm** zone • Shower • Put on new scrubs

Video – *Steps to Don PPE (with N95)*	Video – *N95 Doffing*
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