

# COVID-19 Personal Protective Equipment: Donning

## Donning Step 1: Perform Hand Hygiene

- Apply one pump of hand sanitizer to the cupped palm of one hand
- Rub hands palm to palm
- Rub the right palm over the back of the left hand with interlaced fingers and vice versa
- Rub both palms together with fingers interlaced
- With the left thumb clasped in the right palm, rub rotationally and switch
- Cup the hands and place the backs of fingers to opposing palms and rub side to side with fingers interlocked
- Rotationally rubbing the clasped fingers of the right hand in a circular pattern on the palm of the left hand and vice versa
- Continue to rub both hands together until the sanitizer is dry



## Donning Step 2: Don Gown

- Double check gown for defect and untie any knots in the PPE
- Don the gown by inserting your arms into the sleeves with the opening to the back
- Tie the neck and waist ties in bows that are easy to release as this will facilitate easy removal by eliminating the need to struggle with untying knots



## Donning Step 3: Don N95 Respirator

- Hold the respirator in the palm of your hand with straps facing the floor
- Place N95 respirator on your face covering your nose and mouth
- Pull the bottom strap over the top of your head and place at the nape of your neck below the ear.
- Pull the upper strap over and place it behind your head towards the crown of your head
- Mold the nose piece using pads of fingers over the cheeks and bridge of your nose to obtain a tight seal. Be careful not to pinch the nose
- Perform a seal check by taking a few deep breaths and feeling around the mask for escaping air to ensure there is good seal against the skin
- Staff must resist the temptation to adjust the N95 respirator while in the patient care area





#### Donning Step 4: Don Face Shield and/or Goggles

- Don the face shield so that the foam headpiece rests on your forehead.
- If you are wearing goggles, ensure they are not interfering with the fit of the N95 respirator and are sitting comfortably and secure over your eyes.
- Eyeglasses are not a substitute for eye protection. If you are wearing glasses for vision support, ensure they also are secure and comfortable.
- At no time should eye protection be readjusted in the patient care area.
- If face shield or goggles fog up it is likely because there is not a good seal of the N95 respirator to the healthcare workers face



#### Donning Step 5: Don Gloves

- Don patient care gloves to a size that is comfortable and conducive to providing patient care
- Prior to donning gloves, the gown cuff may need to be pulled towards the knuckles to prevent the gown sleeves from riding up.
- Ensure there is no skin exposed between the gown and glove cuffs.
- The white cuff of the gown should be completely covered by the glove.

