Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

BRITISH COLUMBIA
Ministry of Health

The 6 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 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 garbage.

3 Hand hygiene

Clean all surfaces of hands and wrists

4 Goggles or face shield

Do NOT touch the front of them. Discard in regular garbage or put in receptacle for reprocessing.

5 Surgical/procedure mask

Grasp ties or elastics at back and remove WITHOUT touching the front. Discard in regular garbage.

6 Exit room/Hand hygiene

Clean all surfaces of hands and wrists and exit room

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

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