
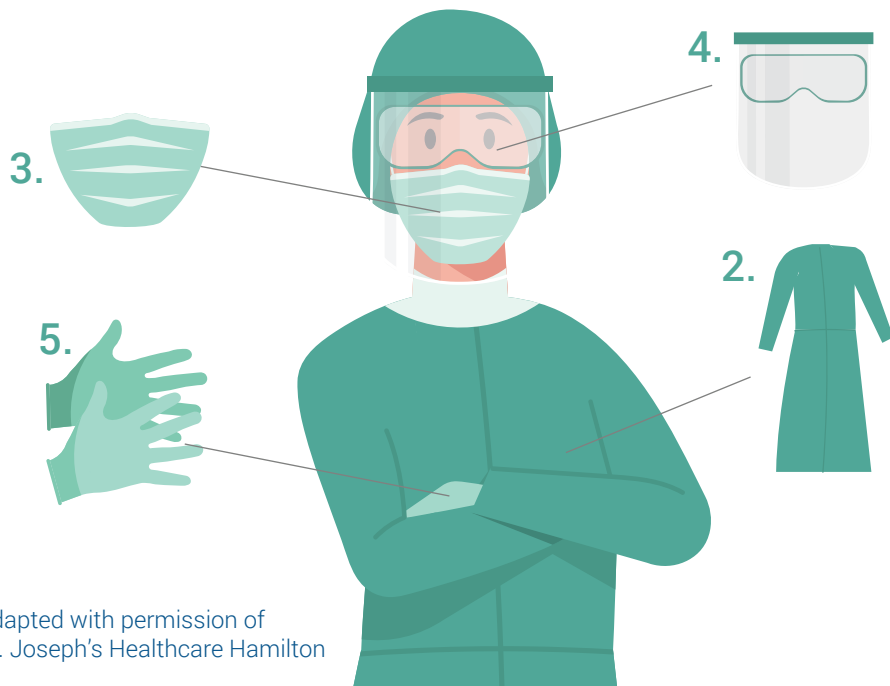







# PUTTING ON PPE

1.  20 seconds
2. Put on Gown
3. Put on Mask or N95 Respirator
4. Put on Face Shield or Goggles
5. Put on Gloves



Adapted with permission of  
St. Joseph's Healthcare Hamilton

# TAKING OFF PPE

1. Remove Gloves
2.  20 seconds
3. Remove Gown
4.  20 seconds
5. Remove Face Shield or Goggles  
and **DISINFECT** (or DISCARD)
6.  20 seconds
7. Remove Mask or N95 Respirator
8.  20 seconds
9. Put on New Mask or N95 Respirator
10. Put on Face Shield or Goggles
11.  20 seconds