Remove PPE correctly (doffing)

Remove gloves
• Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove.
• Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove.
• Discard in medical waste bin.

Remove apron/gown
• If wearing a visor (not goggles), remove visor as below before removing apron/gown.
• Unfasten gown/apron ties.
• If gown: pull gown away from neck and shoulders, touching only inside of gown. Turn gown inside out.
• If apron: touching only inside of apron, pull over head and roll downwards and discard in medical waste bin.

Remove goggles/visor
• Remove goggles/visor from the back by lifting head band.
• Place in designated container/area for disinfecting.

Remove mask/respirator
• Untie or break bottom ties, followed by top ties or elastic.
• Remove by handling the ties/elastic only and discard in medical waste bin.

Clean hands for at least 20 seconds

See a video on how to remove PPE correctly here: www.medicine.uct.ac.za/news/covid-19-resources

Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020
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