Remove PPE correctly (doffing)

1. **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.

2. **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.

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

4. **Remove mask/respirator**
   - Untie or break bottom ties, followed by top ties or elastic.
   - Remove by handling the ties/elasticsonly and discard in medical waste bin.

5. **Clean hands for at least 20 seconds**

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**Source:** NDoH. *Practical manual for implementation of the National Infection Prevention and Control Strategic Framework*. 2020
Adopted from and sponsored by the Knowledge Translation Unit (KTU).

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