Put on PPE correctly (donning)

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

2. **Put on apron/gown**
   - If apron, place loop over head and tie behind back.
   - If gown, cover front and tie at back of neck and waist.
   - When fastening, use a bow (not a knot) for easy release.

3. **Put on mask/respirator**
   - Secure ties or elastic bands at middle of head and neck.
   - Mould flexible band to nose bridge (do not pinch).
   - Ensure mask is pulled down under chin.
   - If respirator, check good fit by breathing in and out: mask should move in and out with breath (air should not leak).
   - If reusing N95 respirator, put on clean non-sterile gloves before replacing it. Once on face, remove gloves, clean hands and continue to step 4.

4. **Put on goggles/visor**
   - Place over face and eyes.
   - Adjust band to fit comfortably.

5. **Put on gloves**
   - Hold edge of glove as you pull it over hand.
   - Extend to cover wrist.
   - Once gloved, avoid touching other surfaces.

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