



## Steps to TAKE OFF (DOFF) Personal Protective Equipment

1



### GLOVES

Glove-to-glove to remove 1st glove  
Skin-to-skin to remove 2nd glove  
Discard in garbage

2



### HAND HYGIENE

3



### GOWN

Unfasten neck then waist ties  
Roll away from body  
Discard in laundry (reusable) or garbage (disposable)

4



### HAND HYGIENE

5



### GOGGLES or FACE SHIELD

6



### MEDICAL MASK

Untie bottom then top tie OR grasp the elastic straps  
behind both ears, pull forward off the head  
Discard in garbage



### N95 RESPIRATOR

Bending forward slightly, lift the bottom elastic over your  
head first, then the top elastic and lift away from face  
Discard in garbage

7



### HAND HYGIENE



Scan to  
watch video