

# Steps to Put on Personal Protective Equipment

1. Always put on essential required PPE when handling either a suspect, probable or confirmed case of viral haemorrhagic fever (eg. Ebola Virus Disease). Gather all the necessary items of the PPE beforehand.
2. The dressing and undressing of PPE should be supervised by another trained member of the team. These instructions should be displayed on the wall in the dressing and undressing room. Steps to put on essential required PPE.
3. Put on the scrub suit in the changing room.



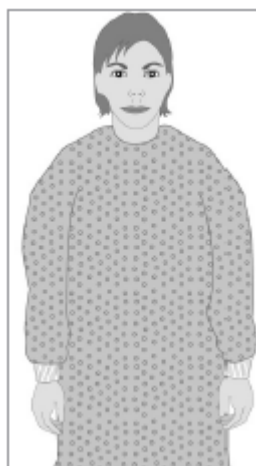
4. Put on gum boots; If not available, make sure you have closed, puncture and fluid resistant shoes and put on overshoes.



OR,  
IF BOOTS  
UNAVAILABLE



5. Place the gown over the scrubs



6. Put on face protection:

- 6.a Put on a medical mask



- 6.b Put on goggles or a face shield



OR



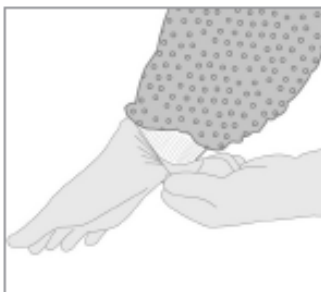
7. If you have any abrasions on your scalp or you have concern for splashing fluids, also place a head cover at this time.



8. Perform hand hygiene



9. Put on gloves\* (over cuff).



10. If an impermeable gown is not available and you expect to undertake any strenuous activity (e.g. carrying a patient) or tasks with contact with blood and body fluids, place waterproof apron over gown.



### While wearing PPE

- Avoid touching or adjusting PPE
- Replace gloves if they become torn or damaged
- Change gloves between patients
- Perform hand hygiene before donning gloves

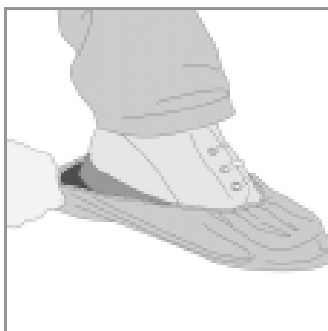
\* Use **double gloves** if any strenuous activity (e.g. carrying a patient or handling a dead body) or tasks in which contact with blood and body fluids are anticipated. Use **heavy duty/rubber gloves** for environmental cleaning and waste management.

# Steps to Remove Personal Protective Equipment

1. Peel off plastic apron and dispose of safely (if the apron is to be reused, place in a container with disinfectant)



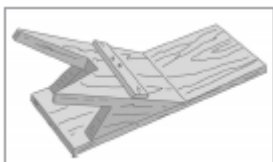
2. If wearing protective overshoes, please remove them with your gloves still on (If wearing gum boots, see step 4).



3. Remove gown and gloves and roll inside-out and dispose of safely.



4. If wearing rubber boots, remove them (ideally using the boot remover) without touching them with your hands. Place the removed boots into a container with disinfectant.



5. Perform hand hygiene.



6. If wearing a head covering, remove it now (from behind head).

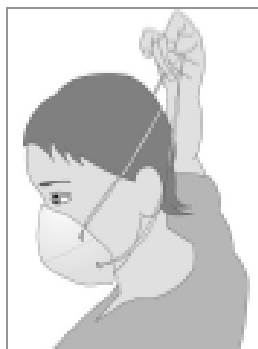


7. Remove face protection:

- 7.a Remove face shield or goggles (from behind head). Place eye protection in a separate container for reprocessing.



- 7.b Remove mask from behind head. When removing mask, untie the bottom string first and the top string next.



8. Perform hand hygiene



**Source:** Modified from Clinical Management of Patients with Viral Haemorrhagic Fever: A pocket Guide for the Front-line Health Worker. World Health Organization, 2014