Sequence for PUTTING ON PPE

First Step: Put on Hairnet
Second Step: Hand Hygiene
Third Step: Put on Gown
Fourth Step: Put on Mask
Fifth Step: Put on Goggles
Sixth Step: Put on Gloves

Alternatives if N95, FFP2 or FFP3 not available
One inner pair of gloves covering the skin up to the wrist and second outer pair of gloves go over the gown up to the wrist

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Sequence for REMOVING PPE During COVID19

First Step: Hand Hygiene
Second Step: Remove Gloves
Third Step: Hand Hygiene
Fourth Step: Put on new Gloves
to prevent self-contamination
Fifth Step: Remove Gown
A second operator should assist in untying the back
Sixth Step: Remove Goggles
Avoid touching the front part, which can be contaminated
Seventh Step: Remove Mask
Avoid touching the front part, which can be contaminated
Eighth Step: Remove Hairnet
Ninth Step: Remove Gloves
Tenth Step: Hand Hygiene

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