

Proper Way to Doffing and Donning Masks and Gloves

[Video: Proper Donning & Doffing of Procedural and Surgical Masks](#)

[Video: How to Correctly Wear Your Coronavirus Face Mask and Gloves](#)

Perform hand hygiene before donning mask. (with soap and water for 20 seconds or with a product that has at least 60% alcohol in it.)

To don a mask:

- Place it over the nose, mouth and chin.
- Fit the flexible nose piece over the bridge of the nose.
- Secure it on the head with ties or elastic.
- Adjust it to fit.

If the mask has two elastic head bands, these should be separated. With the mask over the nose, mouth and chin, stretch the bands over the head and secure them comfortably – one on the upper back of the head and one below the ears at the base of the neck.

Perform hand hygiene before donning gloves.

To don gloves:

Gloves are the last element of PPE to be applied.

- Extend the hands into the gloves and extend the gloves to cover the wrist of the isolation gown.
- Tuck the cuffs of the gown securely under each glove.
- Adjust for comfort and dexterity.

During removal, the goal is to avoid contamination of self or the environment with the contaminated equipment.

The outside front of face protection and the outside of gloves are considered contaminated regardless of the appearance of visible soil.

To remove a mask, note that the front is considered contaminated and should not be touched. It is okay to perform hand hygiene while wearing the gloves and is recommended to do so.

Follow these steps:

- First untie the bottom, then the top tie.
- Lift the mask away from the face. Do not touch your face, grasp the mask at the nose
- Discard in designated receptacle.

Perform hand hygiene: To remove gloves:

- Grasp the outside edge near the wrist.
- Peel the glove away from the hand, turning the glove inside out. Hold it in the opposite gloved hand.
- Slide an ungloved finger under the wrist of the remaining glove, then peel it off from the inside, creating a “bag” for both used gloves.
- Discard in designated receptacle.

Again, remember to perform hand hygiene