



Guidance for Use of Personal Protective Equipment for Healthcare Settings

NOTE: This guidance reflects ONE WAY of donning and doffing PPE. See full CDC guidance for all recommendations*

Personal Protective Equipment (PPE) Checklist:

- Supplies:**
- Alcohol-based hand sanitizer and EPA-registered disinfectant wipes
 - Signage (to label donning and doffing areas)
 - Chairs (one for donning area, two for doffing area)
 - Surgical scrubs and washable shoes
 - Nitrile gloves (preferably long cuffs and 2 different colors)
 - Shoe covers to mid-calf (impermeable, meets ANSI/AAMI PB70 Level 4 requirements)
 - Gown to mid-calf, coveralls or pants with gown (impermeable, meets ANSI/AAMI PB70 Level 4 requirements)
 - Fit-tested N95 respirator
 - Surgical hood (impermeable, meets ANSI/AAMI PB70 Level 4 requirements)
 - Face shield
- Personnel:**
- Apron (impermeable, meets ANSI/AAMI PB70 Level 4 requirements)
 - Caregiver— providing care, dressed in surgical scrubs (or disposable garments) and dedicated washable footwear
 - “Buddy system” to assure proper donning and doffing
 - Trained Observer/Buddy— to observe all PPE donning and doffing to monitor PPE integrity
 - ◊ Trained Observer/Buddy donned in: fluid impermeable gown, shoe covers that go up to mid-calf, gloves (two pairs) and a face shield
- Space:**
- Donning area— labeled, with supplies and chair
 - Labeled Decontamination area with containment supplies
 - Doffing area— labeled, with hand sanitizer, wipes, chairs and medical waste disposal

Order of Procedures for Donning (Putting on) PPE— Completed with the “Buddy System” in specified donning area, under the supervision of the Trained Observer/Buddy

1. Remove all jewelry, tie hair back; men should be clean shaven
2. Apply hand sanitizer
3. Put on first layer of gloves— extend over wrists
4. Put on shoe covers
5. Put on gown or coveralls— fully cover torso, arms to wrist, and wrap around the back, inner gloves tucked under the sleeves
6. Put on N95 respirator— fit snug to face and below chin, fit-check respirator prior to entering patient care area
7. Put on surgical hood— covers all hair and ears, and extends past the neck to the shoulders
8. Put on outer apron (if used)
9. Put on second pair of gloves— extending over the gown cuffs/sleeves
10. Put on face shield
11. Undergo inspection before entering patient care area, no exposed skin, check range of motion to assess proper fit of PPE

Order of Procedures for Doffing (Taking off) PPE— Completed with the “Buddy System” in specified doffing area, under the supervision of the Trained Observer/Buddy

1. Undergo inspection to detect visible contamination, rips or tears in PPE (remove with wipe if visibly contaminated)
2. Decontaminate gloves with hand sanitizer/wipes
3. Remove apron (if used)- roll from inside to outside
4. Inspect PPE for visible contamination or cuts/tears
5. Decontaminate gloves with hand sanitizer
6. Remove boots/shoe covers
7. Decontaminate gloves with hand sanitizer/wipes
8. Remove outer gloves
9. Decontaminate inner gloves with hand sanitizer and inspect for tears
10. Remove face shield— do not touch the front
11. Decontaminate gloves with hand sanitizer/wipes
12. Remove surgical hood
13. Decontaminate gloves with hand sanitizer/wipes
14. Remove gown— touching only the inside of the gown
15. Decontaminate gloves with hand sanitizer/wipes
16. Remove inner gloves- touching only the inside of gloves
17. Apply hand sanitizer
18. Don a clean pair of gloves
19. Remove N95 respirator— remove lower strap over the head, follow by upper strap, avoiding contact with front of the respirator
20. Decontaminate gloves with hand sanitizer/wipes
21. Wipe shoes with disinfecting wipes
22. Decontaminate gloves with hand sanitizer/wipes
23. Remove gloves
24. Apply hand sanitizer
25. Undergo final inspection
26. Shower at the end of each shift

For visual depiction of effective donning and doffing, see CDC’s video at <http://gnyha.org/ebolatraining>

*For full details of the CDC guidance released October 20, visit <http://www.cdc.gov/vhf/ebola/hcp/procedures-for-ppe.html>



Additional Resources for Use of Personal Protective Equipment for Healthcare Settings

Additional Guidance on Different Combinations of Personal Protective Equipment (PPE):

- Centers for Disease Control and Prevention guidance released 10/20/2014: <http://www.cdc.gov/vhf/ebola/hcp/procedures-for-ppe.html>
- University of Nebraska Medical Center's PPE guidance with N95 respirator and gown: http://www.nebraskamed.com/app_files/pdf/biocontainment/ebolappechecklist.pdf
- Emory Healthcare's PPE guidance using Powered Air Purifying Respirators (PAPR) and coveralls: <http://www.emoryhealthcare.org/>
- Methodist Hospital for Surgery PPE guidance using N95 respirator and gown: [http://apic.org/Resource / TinyMceFileManager/PPE Buddy System Process 10.27.14 at MHfS.pdf](http://apic.org/Resource/TinyMceFileManager/PPE_Buddy_System_Process_10.27.14_at_MHfS.pdf)

Videos on Different Combinations of Personal Protective Equipment (PPE):

- CDC's step by step, interactive videos show donning and doffing of PPE. Users can choose equipment (N95 or PAPR, gown or coverall). In addition, it provides instruction for the trained observer. <http://www.cdc.gov/vhf/ebola/hcp/ppe-training/index.html>
- N95 respirator and gown, see the Centers for Disease Control and Prevention video: <http://gnyha.org/ebolatraining> or <http://www.medscape.com/viewarticle/833907>
- N95 respirator and gown, see University of Nebraska Medical Center's video:
 - ◊ Donning: visit http://www.youtube.com/watch?v=yAljqBcqnP4&list=UU-g0YPrNz_XHGNOvi6POoCA
 - ◊ Doffing: visit http://www.youtube.com/watch?v=D95r0dEETsI&list=UU-g0YPrNz_XHGNOvi6POoCA
- N95 respirator and coveralls, see the North Carolina Division of Public Health's video: <http://youtu.be/N6F61J93FvE>
- PAPR and coveralls, see Emory Healthcare's video:
 - ◊ Donning: visit <http://www.youtube.com/watch?v=F2i0P-8fybQ&feature=youtu.be>

Additional Resources:

- For free Ebola online courses, visit University of Nebraska Medical Center's at <http://www.infectioncontrolday.com/News/2014/10/Free-Ebola-Online-Courses-Available-from-UNMC-Nebraska-Medicine.aspx>
- For the full viewing of Emory Healthcare Ebola Preparedness Protocols, visit <http://www.emoryhealthcare.org/ebola-protocol/ehc-message.html>
- For the University of Nebraska Medical Center's posters on PPE donning/doffing procedures with N95 respirator and gown, visit http://app1.unmc.edu/nursing/heroes/ppe_posters_vhf.cfm