

# Put on PPE correctly (donning)

## 1 Clean hands for at least 20 seconds



## 2

### Put on apron/gown

- If apron, place loop over head and tie behind back.
- If gown, cover front and tie at back of neck and waist.
- When fastening, use a bow (not a knot) for easy release.



## 3

### Put on mask/respirator

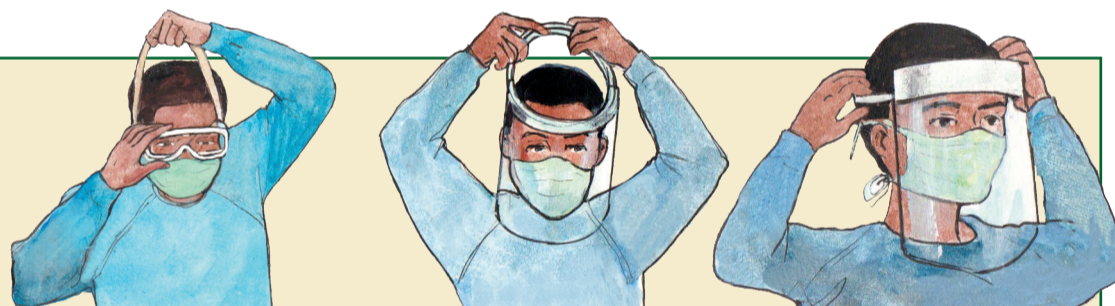
- Secure ties or elastic bands at middle of head and neck.
- Mould flexible band to nose bridge (do not pinch).
- Ensure mask is pulled down under chin.
- If respirator, check good fit by breathing in and out: mask should move in and out with breath (air should not leak).
- If reusing N95 respirator, put on clean non-sterile gloves before replacing it. Once on face, remove gloves, clean hands and continue to step 4.



## 4

### Put on goggles/visor

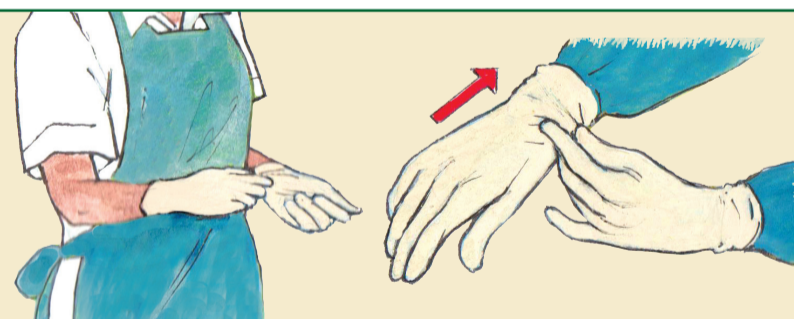
- Place over face and eyes.
- Adjust band to fit comfortably.



## 5

### Put on gloves

- Hold edge of glove as you pull it over hand.
- Extend to cover wrist.
- Once gloved, avoid touching other surfaces.



See a video on how to put on PPE correctly here:  
[www.medicine.uct.ac.za/news/covid-19-resources](http://www.medicine.uct.ac.za/news/covid-19-resources)