

Putting on personal protective equipment

To be effective, personal protective equipment (PPE) needs to be put on in a specific order as shown below.

Please note you may not need to wear all of these items. Follow each relevant step. If you're unsure when and what PPE items to use, check your organisation's or Ministry of Health [guidelines](#).



1. Where

Put on your PPE before entering someone's house or in a separate room to the person.



2. Hands

Wash your hands. Sanitise them if soap is unavailable. **This is an important step.**



3. Gown

Put your arms in first. The gown must cover your clothes. Fasten the gown at the neck and tie at the back.



4. Mask

For a surgical-style mask, secure the mask around your ears. Check it fits snugly to the bridge of your nose and below the chin.



5. Goggles or face shield

Place eye protection over your face and adjust to a comfortable fit.



6. Gloves

If you are wearing a gown, make sure the gloves cover the ends of the gown's sleeves.



7. Rubbish bag and sanitiser

Ensure you bring a sealable bag and sanitiser with you for when you take off your PPE.



This video from Auckland District Health Board may also be helpful.

If you received an instruction sheet with your equipment, please follow those instructions.

When using PPE

1. Keep hands away from your face and/or mask.
2. If using gloves, change them if they tear or you think they might have become contaminated.
3. Continue using proper hand washing and cough/sneeze hygiene.