

Taking off personal protective equipment

Personal protective equipment (PPE) needs to be taken off and thrown away in a specific order. Follow the relevant steps outlined below. Hand hygiene is important at each step.



1. Prepare

The outside of your PPE is potentially contaminated, so it must be taken off carefully. Ensure you have sealable plastic bags and hand sanitiser with you.

2. Where

Take off your PPE once you're outside.

3. Gloves

Take off your gloves. **Avoid touching the outside of the gloves with your hand.** Instead, roll down the first glove, then slide the finger of that hand under the second gloved hand to remove.

Place in plastic bag. Wash or sanitise hands.

4. Gown

Take off your gown. Unfasten at the neck, untie the back then pull off from your shoulders and back. **Do not touch the front.**

Place in plastic bag. Wash or sanitise hands.

5. Goggles or face shield

Take off your goggles or face shield. If these are reusable, place in a separate bag and clean according to manufacturers' guidance.

Wash or sanitise hands.

6. Mask

Take off your mask. Remove from ears. **Do not touch the front.**

Place in plastic bag. Wash or sanitise hands.



After each home visit, put all used PPE into one plastic bag and seal it well. Use a new bag for each home visit. Dispose of plastic bags according to your organisation's guidelines.

This video from Auckland District Health Board may also be helpful. For practical advice on what to do when returning home to your whānau **[click here](#)**