

# 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.



**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.**



## 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.

**[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](#)**