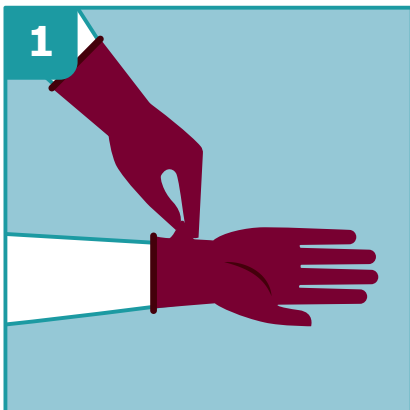
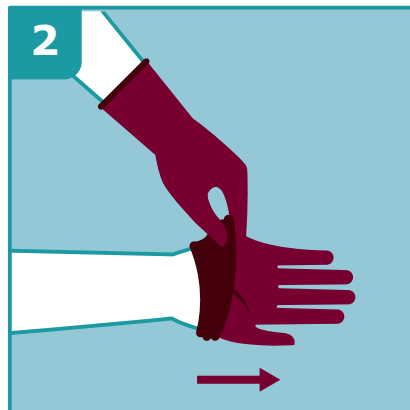




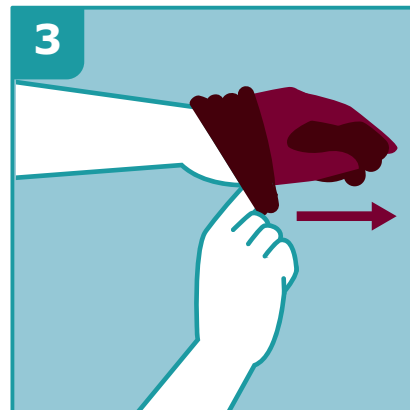
# Doffing of Personal Protective Equipment



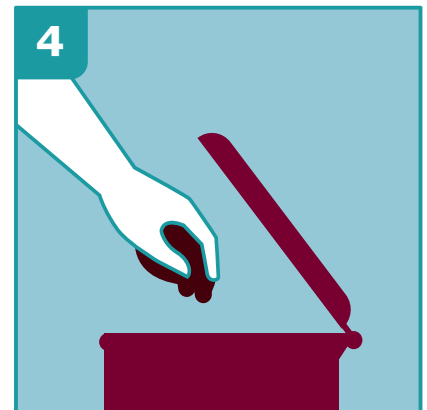
1 Remove gloves using a glove-to-glove/skin to skin technique.



2 Grasp outside edge near the wrist and peel away, rolling the glove inside out.



3 Reach under the second glove and peel away from hand.



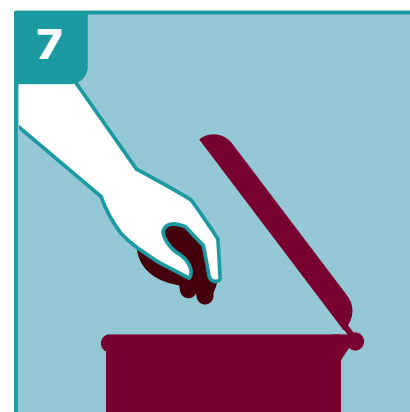
4 Discard immediately into a waste receptacle.



5 Perform hand hygiene.



6 Remove eye protection/face shield by handling ear loops, sides or back only. Arms of goggles and headband of face shield are considered clean and may be touched with the hands. (Front of goggles and face shield are considered contaminated).



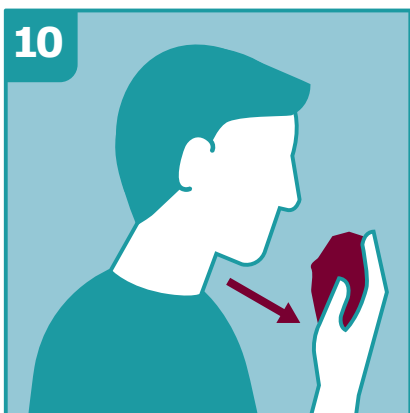
7 Discard into waste receptacle or clean personally owned eyewear after each use.



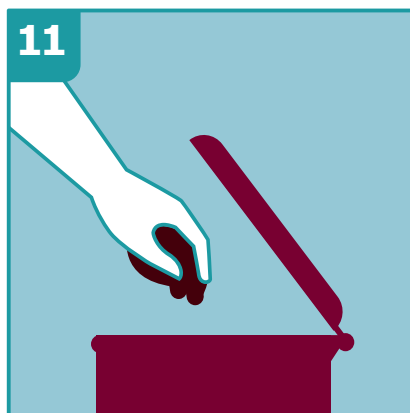
8 Remove mask/N95 respirator. Ties/ear loops/straps are considered clean and may be touched with hands. (The front of the mask/respirator is considered to be contaminated).



9 Untie bottom tie, then top tie or grasp straps or ear loops.



10 Pull forward off the head, bending forward to allow mask/respirator to fall away from the face.



11 Discard immediately into waste receptacle.



12 Perform hand hygiene.

For more information, please visit

[hamilton.ca/public-health](https://hamilton.ca/public-health)

Questions or comments?

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