

PPE Tip Sheet

Follow the Public Health Ontario [Donning](#) and [Doffing](#) sequence when putting on and taking off your PPE.

Gown¹

- Gowns should only be worn when providing care for clients/patients/residents
- When use of a gown is indicated, the gown should be put on immediately before the task and must be worn properly, i.e., tied at top and around the waist
- Remove gown immediately after the task for which it has been used in a manner that prevents contamination of clothing or skin and prevents agitation of the gown
- Discard used gown immediately after removal into appropriate receptacle
- Do not hang gowns for later use
- Do not re-use gown
- Do not go from patient-to-patient wearing the same gown

Gloves^{1,2}

- Select correctly sized gloves appropriate to the task
- Do not use the same pair of gloves for the care of more than one client/patient/resident
- Clean hands before putting on gloves
- Remove gloves immediately and discard after the activity for which they were used, then perform hand hygiene
- Change or remove gloves if moving from a contaminated body site to a clean body site within the same client/patient/resident
- Change or remove gloves after touching a contaminated environmental surface and before touching a client/patient/resident or a clean environmental surface
- Do not wash or re-use gloves

Mask¹

- Select a mask appropriate to the activity
- Mask should securely cover the nose and mouth
- Change mask if it becomes wet
- Do not touch mask while wearing it
- Remove mask correctly immediately after completion of task and discard into an appropriate waste receptacle
- Do not allow mask to hang or dangle around the neck
- Clean hands after removing the mask
- Do not re-use disposable masks
- Do not fold the mask or put it in a pocket for later use

Eye Protection^{1,3,4}

- Can be disposable or reusable (goggles, safety glasses, face shields without foam).
- If re-using and if possible, the same person should re-use a face shield with foam. Do not re-use if foam is visibly soiled, face shield is damaged or compromised.
- Eye protection must be removed immediately after the task for which it was used and discarded into waste or placed in an appropriate receptacle for cleaning/disinfection
- Cleaning and disinfection for reusable eye protection – follow manufacturer's instructions. Also see PHO's Cleaning and disinfection of reusable eye protection for Health Care Workers
- Prescription eye glasses are not acceptable as eye protection

References:

1. **Best Practice Document:** Public Health Ontario and PIDAC [Routine Practices and Additional Precautions in All Health Care Settings, 3rd Edition](#)
2. **Best Practice Document:** Public Health Ontario and PIDAC [Best Practices for Hand Hygiene in All Health Care Settings, 4th Edition](#)
3. **PHO:** [A Resource for Health Care Workers Cleaning and Disinfection of Reusable Eye Protection](#)
4. **BC CDC:** [Cleaning and Disinfection Instructions for Eye/Facial Protection](#)

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