

How to Remove PPE When Leaving an Isolation Room

In the room

- Undo waist ties of gown
- Remove gloves
- Undo neck ties of gown
- Remove gown from sleeves without touching outside of gown, roll gown and discard in laundry or garbage
- Perform hand hygiene

If wearing a procedure mask - in room

Remove protective eyewear by straps and place in garbage *

Perform hand hygiene

Remove mask

Perform hand hygiene

Use paper towel to open door to exit room

* clean goggles if using reusable goggles

Hand Hygiene

Alcohol Based Hand Rub

- Place a loonie sized amount of the product in the palm of hand
- Spread the product to cover all surfaces of both hands, including nail beds
- Rub hands together for 15-20 seconds or until dry
- If hands are visibly soiled, or when dealing with diarrhea or the environment, use soap and water

Hand Washing with Soap and Water

- Remove jewelry then wet hands under a steady flow of warm water and apply soap
- Use friction to wash all surfaces of both hands, including web spaces, thumbs, wrists, and the back of the hands, rubbing the rub nail beds against the opposite palm
- Wash for a minimum of 15-20 seconds
- Rinse thoroughly and dry hands gently with clean paper towel
- Use paper towel to turn off tap
- Discard paper towel

NOTE: Ensure your clothing does not touch the sink