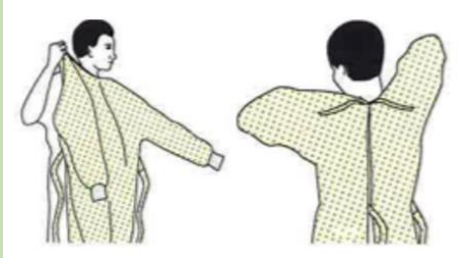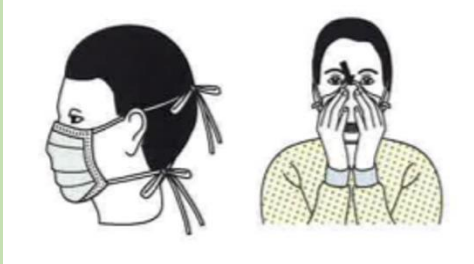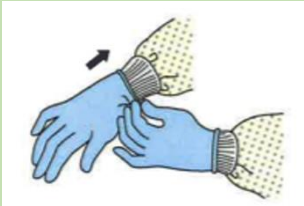# COVID-19 Donning and Doffing Checklist with Competency

Know Your Zones!
Red = inside patient room | Yellow = outside patient room | Green = clean area outside patient room

DONNING STEPS	Completed
*Before you begin, **gather** all PPE, **inspect** each item, **remove** jewelry or personal items that may interfere with the integrity of the PPE, and perform **hand hygiene**!* **1. GOWN** • Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back. • Fasten in back of neck and waist.	☐
2. MASK OR RESPIRATOR • Secure ties or elastic bands at middle of head and neck. • Fit flexible band to nose bridge. • Fit snug to face and below chin. • Fit-check respirator.	☐
3. GOGGLES OR FACE SHIELD • Place over face and eyes and adjust to fit.	☐
4. GLOVES • Extend to cover wrist of isolation gown.	☐

Reference: https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html
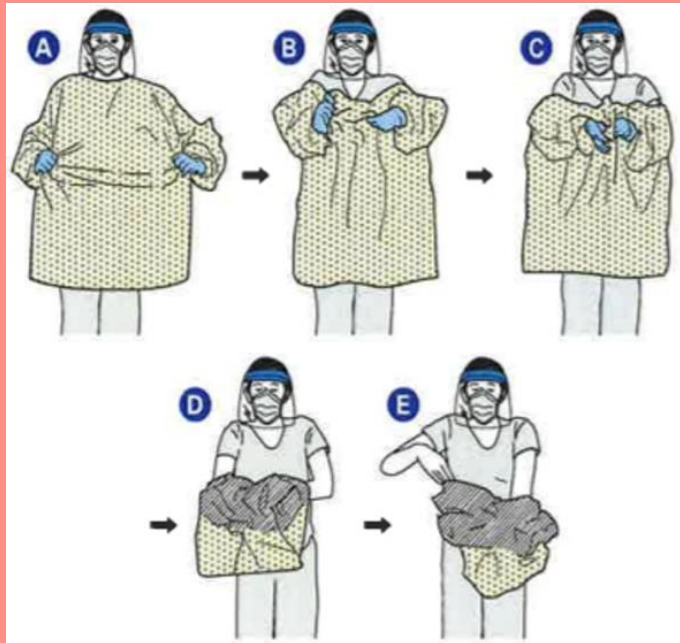
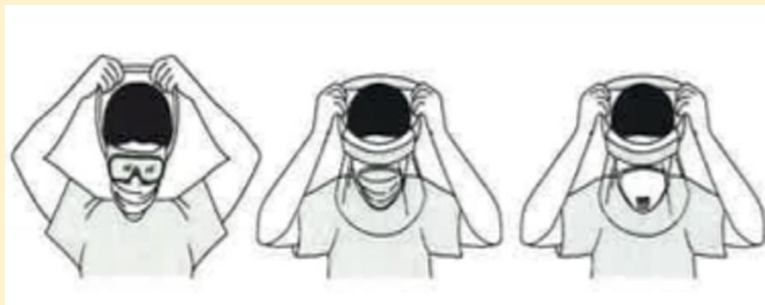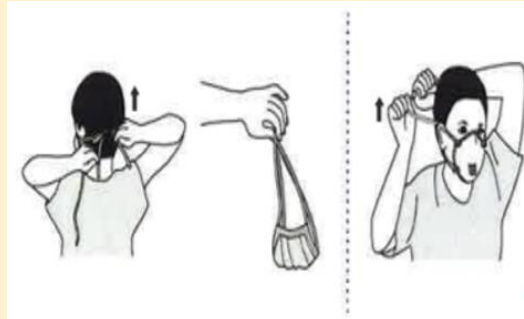| DOFFING STEPS	Completed
REMEMBER: If your hands get contaminated during any step of the doffing process, immediately wash your hands or use an alcohol-based hand sanitizer!	☐
1. GOWN AND GLOVES • Gown front and sleeves and the outside of gloves are contaminated! • Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands. • While removing the gown, fold or roll the gown inside-out into a bundle. • As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and with your bare hands. Place the gown and gloves into a waste container.	☐
2. GOGGLES OR FACE SHIELD • Outside of goggles or face shield are contaminated! • Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield. • If the item is reusable, place in designated receptable for reprocessing. Otherwise, discard in a waste container.	☐
3. MASK OR RESPIRATOR • Front of mask/respirator is contaminated – DO NOT TOUCH! • Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front. • Discard in a waste container.	☐
4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE	☐

Reference: https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html