

# Removing Personal Protective Equipment Without Self-Contamination

- Perform hand hygiene
- Break waist ties of gown
- Break the neck ties
- Keep hands inside sleeves
- Roll the gown inside out
- Remove gloves inside sleeves & dispose in trash
- Perform hand hygiene
- Remove eye protection and discard or place in collection container
- Perform hand hygiene
- Exit room
- Perform hand hygiene
- Remove mask one strap at a time, or PAPR if using
- Perform hand hygiene