

# ONE

**PRACTICING THE ROUTINE USE OF**

# AND

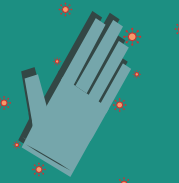
**PERSONAL PROTECTIVE EQUIPMENT**

# DONE!

When used correctly, personal protective equipment (PPE) acts as a barrier for germs like bacteria and viruses, carried in blood, body fluids, air, on the skin or in the mouth, in the nose and eyes, or in the environment.

Routine use includes wearing and discarding or fully cleaning and disinfecting PPE after each use. In other words, One and Done!

The type of PPE selected should be based on the nature of the interaction and potential for exposure to infectious material, keeping these guidelines in mind.



## **GLOVES**

Using gloves protects and helps keep germs from spreading from hands to other people and surfaces. Always clean hands before putting on, or donning, gloves. Carefully remove, or doff, contaminated gloves after providing patient care, discard gloves immediately, then clean hands again.



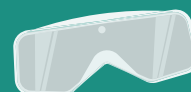
## **GOWNS**

Gowns protect clothing from germs, body fluids and other contaminants, and should be worn when there is a risk of splashes or sprays getting on clothes, or when caring for patients with certain illnesses. A gown should be donned before entering a room and doffed and properly discarded before exiting the care area to help prevent the spread of germs from one patient care area to the next.



## **RESPIRATORS**

Wearing a new NIOSH-approved N95 or higher respirator is the recommended routine use for protection during certain procedures or when caring for patients with select diseases, like measles. The respirator should be donned before a new patient encounter and doffed and disposed of when leaving that patient's care area.



## **EYE PROTECTION**

Routine PPE for eye protection takes the form of goggles or a face shield. Correctly fitted goggles with anti-fog coating protect against splashes, sprays and respiratory droplets. Face shields protect the eyes, as well as the front and sides of the face. Regular eyeglasses do not provide appropriate protection. PPE for eye protection should be cleaned and disinfected or disposed of after use according to the manufacturer's guidelines.