

Correct order for **removing** the personal protective equipment:

Gloves



1. If you are wearing an apron or sleeves over the protective gown, remove them before you remove the gloves.



2. Remove the first glove by pulling the material of the other glove away from the palm of your hand, and then down, until the glove comes off. The removed glove remains in the gloved hand.



3. The index finger of the gloveless hand must be placed between the glove and the wrist of the other hand, pulling the glove off so both gloves form a tight ball.



4. Dispose of the gloves immediately to a sealable container or a bag.



5. Use hand-sanitiser after removing the gloves!

Protective gown



1. Untie the belt and the ties around the neck.



2. Avoid contact with the front of the gown.



3. Peel the gown off over your arms.



4. Dispose of the gown immediately to a sealable container or a bag.

Mask



1. Use the hand-sanitiser before removing the mask!



2. Avoid touching the front of the mask, change the mask if it is damp.



3. If you are using a visor or glasses, remove them before removing the mask.



4. Unhook the mask behind the ears, or untie them, starting from the lower set of ties.



5. Dispose of the mask immediately to a sealable container or a bag.

Hand hygiene



Rub your hands with 3 ml of hand-sanitiser for 30 sec.

or



If your hands are visibly dirty or you cannot use a hand-sanitiser, wash your hands with liquid soap for 20 seconds.

