



N95, face shield, contact gown, gloves

Checklist

- ① **Remove** any personal items and jewelry and put in secure location, not in pockets.
- ② **Sanitize** hands.
- ③ **Put on** contact gown outside room. Open-end **faces** your back. **Tie** the back of the gown.
- ④ **Put on** N95, ensuring proper seal. **Ensure** straps are not crossing.
- ⑤ **Place** hands over the front of the N95. **Breathe** an easy deep breath in and out. If you **feel** air escape the edges, **refit** and **repeat**.
- ⑥ **Put on** face shield.
- ⑦ **Put on** gloves over the cuffs of the gown.
- ⑧ **Sanitize** gloves.
- ⑨ **ENTER room. DO NOT enter** the room if you do not achieve a proper respirator seal.
- ⑩ **Do not** touch face or re-adjust N95 or face shield inside room.



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Inside room

- ① **Sanitize** gloves.
- ② Cross arms and **grip** gown on shoulders. **Pull** and **break** gown in controlled fashion.
- ③ **Roll** the gown towards your hands. **Remove** the gloves with the gown. **Dispose** of gloves and gown.
- ④ **Sanitize** hands.
- ⑤ **Do not** touch face.
- ⑥ **Remove** face shield by the **strap** over your head without touching your skin.
- ⑦ **Sanitize** hands.
- ⑧ **Exit** patient room.

Outside room

- ⑨ **Sanitize** hands again.
- ⑩ **Pinch** bottom strap and **pull** far over head. **Do not** let straps touch your face.
- ⑪ **Pinch** top strap and **pull** far over head. **Do not** let straps touch your face as you **remove** the N95.
- ⑫ **Head immediately** to handwashing station. **Wash hands** with soap and water.