

# Think About It!

How many times have you seen someone adjust their glasses, rub their nose or touch their face while wearing gloves that have been in contact with a patient?

Surfaces such as light switches, door and cabinet knobs can also become contaminated if touched by soiled gloves.

Limit “touch contamination” to decrease your exposure to possible infections.

## Use Personal Protective Equipment Properly

When used properly, personal protective equipment (PPE) prevents the spread of infection and helps keep patients, families and providers safe and healthy. However, all health care settings must ensure they are donning and removing PPE carefully and in the right order.

The Centers for Disease Control and Prevention (CDC) offers a variety of resources (<http://bit.ly/2xb4Wcr>) to educate providers and staff on the importance of using PPE properly.

Share these tips with your team:

### Sequence for Donning PPE

1. Gown First
2. Mask
3. Face Shield or Goggles
4. Gloves

### Sequence for Removing PPE

1. Gloves First
2. Face Shield or Goggles
3. Gown
4. Masks

\*The combination of PPE affects the sequence

### Where to Remove PPE

1. At the doorway, before leaving patient’s room\*
2. Remove mask outside room\*

\*Ensure that hand hygiene facilities are available at the point needed. If only gloves are worn as PPE, it is safe to remove and discard them in the patient’s room.

For more tips on preventing infections, check out another Simple Strategies (<http://bit.ly/2IFMq2c>) or [click here for Infection Control Assessment Tools](#) from the CDC.

# Simple Strategies to Prevent Infections