Sequence for putting on/taking off surgical masks and disposable gloves

Putting on (order) – after performing hand hygiene

1) Surgical Mask
   • Secure ties or elastic bands at middle of head and neck
   • Fit flexible band to nose bridge
   • Fit snug to face and below chin

2) Gloves
   • Extend to cover wrist of cuff

Taking off (order)

1) Gloves
   • Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   • Hold removed glove in gloved hand
   • Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   • Discard gloves in a waste container
   • Perform hand hygiene

2) Surgical Mask
   • Avoid touching the front of the mask
   • Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
   • Discard in a waste container

General

• Inspect all personal protective equipment (PPE) before donning; do not use damaged PPE
• Keep hands away from face; limit surfaces touched
• Change gloves if damaged or heavily contaminated
• Wash hands regularly with soap and water. Use hand sanitizer if not soap/water not available.
• PPE is not a replacement for hand hygiene. Wash/sanitize hands after removal. If your hands become contaminated during PPE removal, wash/sanitized before removing the rest of your PPE.

Adapted from the Centre for Disease Control (CDC): [https://www.cdc.gov/niosh/research-rounds/resroundsv2n5.html](https://www.cdc.gov/niosh/research-rounds/resroundsv2n5.html)

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