

# Putting on personal protective equipment

**1** Perform hand hygiene



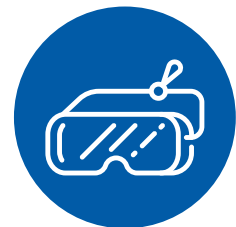
**2** Put on gown or arm barrier



**3** Put on mask or N95 respirator



**4** Put on eye protection



**5** Put on gloves



[york.ca/covid19](https://york.ca/covid19)

Adapted from content provided by Public Health Ontario

  
York Region

# Removing personal protective equipment

**1** Remove gloves



**2** Remove gown or arm barrier



**3** Perform hand hygiene



**4** Remove eye protection



**5** Remove mask or N95 respirator



**6** Perform hand hygiene



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