

# PROTECT YOURSELF FROM H5N1 BIRD FLU

## Remove personal protective equipment safely

### What to know before you remove personal protective equipment (PPE)

- Remove PPE before entering any clean areas including restrooms, breakrooms, and administrative areas
- Set aside reusable PPE for cleaning and disinfection and throw away disposable PPE according to your employer's guidance

### Remove PPE in this order:

**1.** Remove outer work gloves, if worn



**2.** Lightly rinse outer clothing (boot covers or boots and apron)



**3.** Remove hard hat, if worn



**4.** Remove waterproof apron, if worn



**5.** Remove boot covers or boots



**6.** Remove coveralls



**7.** Remove face shield, if worn



**8.** Remove head cover or hair cover



**9.** Remove goggles



**10.** Remove respirator



**11.** Remove disposable gloves



**12.** Wash your hands again for 20 seconds with soap and water or, if soap and water are not available, use an alcohol-based hand sanitizer



### After removing PPE:

- Do not use reusable PPE until it has been properly cleaned and disinfected
- Clean and disinfect reusable PPE based on guidance from your employer
- If possible, shower at work after your shift and put on clean clothing. If there are no showers at work, clean up as much as possible, put on clean clothing, and go straight from work to shower
- Leave all contaminated clothing and equipment at work to be cleaned

