Instructions for taking off Personal Protective Equipment („Doffing“)

In dealing with patients with suspected or confirmed COVID-19

Prerequisites
Waste container and hand disinfectant
- Inside patient room or treatment area
- And in addition directly outside

**IMPORTANT**
Doffing must be done slowly and carefully!
There is a high risk of contamination!
Whenever possible use the help of a trained observer ("buddy") from at least 2 meters away

**Taking off the eye shield**
Grip the straps from behind or at the earpiece of the goggles
- Close your eyes briefly when taking the protection off
- Dispose into prepared container

**Taking off the gloves**
Hygienic hand disinfection
Dispose into prepared container

**Taking off the protective gown**
The front part of the gown is contaminated
- Open the latch at the neck
- Open the fastening at the waist (if necessary tear open carefully)
- Touch only the uncontaminated inside part of the gown
- Roll gown slowly down the shoulders
- Roll the gown into a pack from the inside
- Dispose into prepared container

**Taking off the face mask**
If you are wearing glasses: take them off.
- Do not touch the contaminated front part of the mask while doing this.
- Grab the lower strap with both hands behind the neck and lay it over the upper strap
- Close your eyes, lift both straps and slowly take them over your head.
- Dispose the mask into prepared container

**Hygienic hand disinfection**

Instruction videos and further information can be found here: