

## Putting on your PPE's

It is important to put on your Personal Protective Equipment on in the right order to keep you and the person you are helping stay safe.



1) Make sure you have everything you need to take inside for your visit. Take off any extra sweaters and jewelry, if you have long hair tie it up. Also make sure you have your gown, gloves, mask and goggles!



2) Wash your hands before you start!



3) Put your mask on, with the straps behind your ears. Adjust to make sure your chin and nose are covered. Make sure you are comfortable because you can't readjust again until you leave!



4) Put your eye protection on. This could be goggles or a big clear face shield. Again make sure you are comfortable and you will not fog up your goggles from your mask!



5) Put your gloves on.



5) Put your gown on and do up the ties. Make sure you are all covered up, with the paper gown be gentle so the ties don't break.

**Now you are ready to visit and help your friend!  
Have a good time and be safe!**