PRE-DONNING INSTRUCTIONS:

- Be well hydrated and have taken a toilet break
- Have removed all jewellery including earrings
- Be bare below the elbows
- Have secured your hair back off your face
- Do not bring mobile phones/bleeps into an isolation area

1. Perform hand hygiene before putting on PPE.
2. Put on apron and tie at waist.
3. Put on surgical or FFP2 mask: Mask with ties - tie the upper straps on top of head and bring the lower straps up in front of the ears and tie on top of head. Mask with loops - loop straps over the ears.
4. With both hands, mould the metal strap over the bridge of your nose. If using an FFP2 mask, fit check every time.
5. Don eye protection if required.
6. Put on gloves.

Many thanks to Public Health England for the use of their images. Produced by the HSE AMRIC team hcai.amrteam@hse.ie