Perform hand hygiene
1  Alcohol
   based handrub
   Rub hands for
   20–30 seconds.
   or
   Water and soap
   Wash hands for
   40–60 seconds.

2  Put on the gown

3  Put on the mask
   Medical mask
   or
   Respirator mask (N95, FFP2, FFP3, or equivalent).
   Only use if performing aerosol generating procedures.

4  Put on eye protection
   Put on face shield or goggles.

5  Put on gloves
   Ensure gloves are placed over the cuff of the gown.