

Supplementary Online Content

Tomas ME, Kundrapu S, Thota P, et al. Contamination of health care personnel during removal of personal protective equipment. *JAMA Intern Med*. Published online October 12, 2015. doi:10.1001/jamainternmed.2015.4535.

eFigure. Personal Protective Equipment (PPE) Educational Initiative Poster


This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Personal Protective Equipment (PPE) Educational Initiative Poster


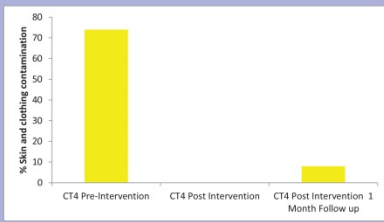
Follow the Leaders

PPE Technique Champions: CARES Tower 4

Fluorescent lotion on skin and clothing after removing contaminated gowns and gloves



What if this was MRSA or C. diff or Ebola?

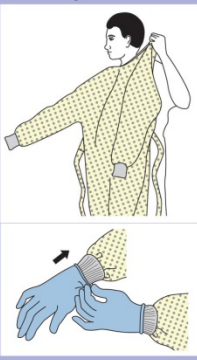



Time Point	% Contamination
CT4 Pre-Intervention	~75
CT4 Post Intervention	0
CT4 Post Intervention 1 Month Follow up	~10

Contamination can be reduced with correct technique

**Protect yourself and your patients!
Follow correct PPE protocol:**

- Select appropriate size gown and glove
- Secure by tying in front at waist level
- Don gloves after gown
- Extend gloves over isolation gown cuffs



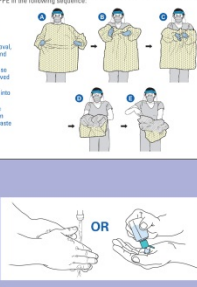
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2


Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and neck and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer.
- Grasp the gown in the front and pull away from your body so that the ties break, reaching outside of gown only with gloved hands.
- While removing the gown, roll or roll the gown inside-out into a bundle.
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container.

- Always use alcohol based hand rub or wash your hands with soap and water after removing gloves





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