PROTECT YOURSELF FROM H5N1 BIRD FLU

Put on personal protective equipment safely

What to know before you put on personal protective equipment (PPE)

- Leave clean personal clothing and items, food, and drinks in clean areas provided by your employer
- Follow directions from your employer for entering and leaving the worksite
- Use separate designated areas to put on clean PPE and remove dirty PPE
- Wash your hands for 20 seconds with soap and water or, if not available, use an alcohol-based hand sanitizer

After you wash your hands, put on PPE in a clean area in this order:

1. Coveralls that keep you dry

2. Boot covers or boots

3. Waterproof apron, if needed

4. NIOSH Approved® particulate respirator

5. Safety goggles

6. Head cover or hair cover

7. Face shield, if needed

8. Hard hat, if needed

9. Disposable gloves

10. Outer work gloves, if needed

Remove PPE before entering any clean areas including restrooms, breakrooms, and administrative areas

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