

# PROTECT YOURSELF FROM H5N1 BIRD FLU

Use personal protective equipment safely in medium exposure settings

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

- Talk to your supervisor to know if this applies to you
- 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.** NIOSH Approved® particulate respirator (such as an N95®)



**3.** Disposable gloves



**2.** Safety goggles



**4.** Outer work gloves, if needed



## What to know before you remove PPE

- Remove PPE before entering any clean areas including restrooms, breakrooms, and administrative areas
- Set aside reusable PPE for cleaning and disinfection and throw away disposable PPE according to your employer's guidance

Remove PPE in this order:

**1.** Remove outer work gloves, if worn



**4.** Remove respirator



**2.** Remove disposable gloves



**5.** Wash your hands again for 20 seconds with soap and water or, if soap and water are not available, use an alcohol-based hand sanitizer



**3.** Remove goggles



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