

# THE DO'S + DON'TS OF WEARING GOWNS



ROUTINE PRACTICES & ADDITIONAL PRECAUTIONS



**Gowns are a type of personal protective equipment worn by healthcare workers (HCW) to:**

1. Protect from contact with blood and body fluids
2. Protect from organisms in the environment, on equipment or from an infected/clonozed patient
3. Protect the patient from organisms that could be passed from HCW during invasive procedures

## ISOLATION GOWNS

These non-sterile gowns are used to keep clothing from becoming contaminated. Used for care of patients for both Routine Practices and Contact Precautions.

## PROCEDURE GOWNS

A non-sterile typically disposable gown (e.g. surgical gown) that may be fluid resistant or fluid impermeable. Used for procedures such as vaginal birth or endoscopy procedures.

## DO'S

- Wear a gown when caring for or in contact with a patient on Contact Precautions or their environment
- Perform hand hygiene before putting on and removing all PPE
- Wear a gown if you may come in blood or body fluids
- Wear a gown when performing a surgical or invasive procedure
- Secure the gown by the ties at the neck and waist
- Make sure the gown covers your clothing in front and back
- Make sure the gown fits securely around your wrists with gloves pulled over the cuffs
- Remove gown by slowly rolling it inside out and away from your body. Keep contaminated front and sleeves inside bundle
- Remove gown inside patient room or designated area (e.g. anteroom)
- Dispose of gown in designated waste or laundry receptacle (if reusable)

## DON'TS

- Don't re-use the gown for the same or different patient. Gowns are single-use!
- Don't push or roll up sleeves up your forearm
- Don't allow contaminated gowns to hang out of laundry bin or garbage
- Don't wear contaminated gown outside of patient room