

DO's & DON'Ts

FOR WEARING **GOWNS** FOR ROUTINE PRACTICES & ADDITIONAL PRECAUTIONS

GOWNS

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

- Protect from contact with blood and body fluids.
- Protect from organisms in the environment, on equipment or from an infected/colonized patient.
- 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.

Adapted from APIC by NSHA Infection Prevention & Control -Jan 31, 2020.

DO

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

DON'T

- ✓ **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.