

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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