LEVEL 1 DOFFING

Indications:

- Clinically stable (e.g., no vital sign instability); *and*
- Unlikely to require invasive or aerosol-generating procedures (e.g., intubation, suctioning, active resuscitation); *and*
- "Dry" symptoms only (e.g., no bleeding, vomiting, or diarrhea); *and*
- Suspected, not confirmed, viral hemorrhagic fever disease

Trained observer must be present to:	**Healthcare worker (HCW) should:**
• Prepare supplies prior to initiating doffing procedures • Provide supervision but not physically assist in doffing process • Confirm PPE is intact prior to removal and doffed successfully • Dispense the alcohol-based hand rub for the healthcare worker The trained observer should don Level 1 PPE prior to entering the doffing area.	• Notify trained observer when ready to doff. • Acknowledge each command given by observer.

Precautions:
• Assume the HCW hands and outside of the PPE are contaminated. Do not touch the outside and then the inside of PPE during doffing.
• Avoid reflexive actions such as touching one's hair or face during doffing.
• Dispose of all PPE in Category A biohazard waste container.
• Establish clearly designated unidirectional zones (Hot→ Warm→ Cold) to minimize cross-contamination during PPE removal:
  ○ **Hot Zone:** Patient room/contaminated care area where patient care is provided
  ○ **Warm Zone:** Immediately adjacent to the Hot zone. HCW to complete doffing.
  ▪ The doffing assistant will remain in this zone to assist with doffing, perform environmental cleaning as needed, and support the HCW under the direction of the trained observer.
• **Cold Zone:** Clean observation area. The trained observer will remain in this area to direct the doffing process, observe breaches in technique, and prevent contamination of the clean environment.
	Supplies Needed:
	• Standard Gloves
	• Alcohol-Based Hand Rub (ABHR)
	• Disinfectant Wipes
	• Cleanable stool
	• Category A Biohazard waste containers
	• Containers for reusable supplies

Prior to doffing:	**Verified**
1. OBSERVER WEARS Level 1 PPE: Fit-tested N95 respirator, hood, face shield, fluid-resistant gown, boot covers, double gloves.	☐
2. PREPARE THE DOFFING AREA: Ensure that all supplies needed are available. Clear the doffing area other than a doffing stool.	☐
3. REVIEW: Review the doffing sequence with the HCW before beginning the doffing process.	☐

Doffing sequence: *Observer Reads Aloud*	
HOT ZONE (Contamination Zone)	
1. INSPECT PPE to ensure there are no visible signs of contamination present. If contamination is present, HCW uses additional disinfectant wipes to wipe off any contamination. Once confirmed clear of contamination, use a disinfectant wipe to open the door to patient room and exit into orange zone.	☐
WARM ZONE (Contamination Reduction Zone/Doffing Corridor)	
2. DISINFECT OUTER GLOVES using ABHR on outer gloves. Allow gloves to dry.	☐
3. REMOVE BOOT COVERS: Sit on a stool and remove boot covers one at a time. Once you are seated, do not touch one leg with the other. To remove the boot cover, unfasten the strap. Remove by pulling from top and pushing off, keeping outer portion from contacting scrubs. a. As you remove each foot out of the boot cover, rotate to face the clean zone.	☐
4. PERFORM HAND HYGIENE: Use ABHR on outer gloves. Allow gloves to dry.	☐
5. DISINFECT SHOES: Remain seated. Wipe all external surfaces of shoes with disinfectant wipes and allow to dry.	☐
6. DISINFECT OUTER GLOVES using ABHR on outer gloves. Allow gloves to dry.	☐
7. REMOVE & DISCARD OUTER GLOVES: Pay special attention not to contaminate or tear the inner gloves. Do not snap outer gloves to avoid splashes. **a.** Turn the wrist so that the thumb is facing up. Using the opposite gloved hand, pinch and lift the opposite outer glove at the wrist. Slowly peel it down towards the fingers and off, so that it is inside out and held by the remaining outer gloved hand in the shape of a ball. **b.** Slide a finger of the single-gloved hand under the outer glove cuff of the opposite hand, and roll it down slowly being careful to avoid snapping and aerosolizing any contamination. Avoid contaminating inner gloves. Pull it down until it is balled around the first glove. **c.** Dispose of the gloves.	☐
8. INSPECT INNER GLOVES: for tears or contamination. **a.** IF THE INNER GLOVES ARE CONTAMINATED OR TORN: **1.** Disinfect the inner gloves with ABHR. Allow gloves to dry. **2.** Remove the inner gloves **3.** Perform hand hygiene on your hands with ABHR **4.** Put on new gloves up to the edge of the sleeve. **b.** IF THE INNER GLOVES ARE INTACT, AND NOT CONTAMINATED – Proceed to the next step	☐
9. DISINFECT INNER GLOVES using ABHR and allow gloves to dry	☐
10. REMOVE FACE SHIELD: Tilt the head forward, grab the strap at the temples and pull forward and over the head, allowing the face shield to fall forward.	☐
11. DISINFECT INNER GLOVES using ABHR. Allow gloves to dry.	☐
12. REMOVE THE HOOD: Tilt head forward slightly, with one hand, grasp at the crown of the head, to pull the hood forward and away from the body and off the head.	☐
13. DISINFECT INNER GLOVES using ABHR. Allow gloves to dry.	☐
14. REMOVE GOWN: **a.** Unfasten gown. **b.** Grab the gown at the hip area. Pull gown down and away from the sides of the body. **c.** Once the gown is off the shoulders, pull one arm at a time from the sleeves. **d.** Keep arms bunched at the wrists.	☐

e. Roll the contaminated side of gown inward into a ball. Discard.	
15. DISINFECT & CHANGE INNER GLOVES **a.** Disinfect gloves with ABHR **b.** Remove inner gloves. The process to remove the inner gloves is the same as removal of the outer gloves (Step 6). **c.** Perform hand hygiene on hands **d.** Put on a new pair of gloves	☐
16. REMOVE FIT-TESTED N95 RESPIRATOR: It is important to not touch the front of the N95 respirator. **a.** Tilt head slightly forward **b.** Grasp the bottom strap of the respirator with both hands, pull to the sides and over the head. **c.** Grasp the upper strap with both hands, then pull to the sides and over the head. **d.** Keep tension on the upper strap as you remove it, which will allow it to fall forward. **e.** Discard.	☐
17. DISINFECT THE INNER GLOVES using ABHR. Allow gloves to dry.	☐
18. REMOVE INNER GLOVES carefully and discard as outlined in step 3	☐
19. PERFORM HAND HYGIENE using ABHR on hands. Allow hands to dry.	☐
20. INSPECT: The Observer and HCW inspect clothing for contamination. Once clothing is confirmed free of contamination, proceed to the Cold Zone. If contamination is identified, the garments should be carefully removed, don a covering and the wearer should shower immediately.	☐
COLDZONE	☐
21. EXIT THE DOFFING ZONE: HCW can proceed to the shower area to bathe with soap and water. This is optional	☐