Instructions for Over-the-Head Isolation Gown

How to put gown on:

Step 1:
- Unfold; Put arms through sleeves from back of gown
- Optional: Put thumbs through thumb holes at the end of sleeves

Step 2:
- Pull gown over head
- Straighten out gown

Step 3:
- Reach to the back — find the tie/strip with left hand; gently pull to left side of waist
- Tie the front tie to the back tie on the left side of your body
- Gloves go on OVER the thumbhooks/gown sleeve

How to take gown off:

Step 1:
- Do NOT remove by lifting gown over your head

Step 2:
- Grab the gown on both sides of the waist — on your left side, grab the waist tie along with the gown
- Pull forward; this will cause the ties to break
- Continue pulling forward; this should cause the back of the gown to tear away

Step 4:
- Maintain your grip on the gown
- Pull forward; this will cause the back to break away (if it has not already)

Step 5:
- Roll gown into itself, removing your gloves per your facility’s protocol

Step 6:
- Discard into appropriate waste receptacle