HOW TO WEAR DISPOSABLE GLOVES

Wearing disposable gloves does not provide complete protection from hand contamination of SARS CoV-2 coronavirus. Wearing disposable gloves is NOT a substitute for hand hygiene. Gloves can stop the spread of germs only if they are used correctly. If you wear gloves:

- Wash your hands with soap and water or use alcohol-based hand sanitizer before putting your gloves on.
- Avoid touching your face with your gloved hands.
- Replace the gloves with a new pair if they are torn, ripped, or become dirty.
- **CDC Guidance** does not recommend double gloves when providing care to suspected or confirmed 2019-COVID patients.
- Never wash or re-use your gloves – always get a new pair.
- Remove your gloves when your task in a given location is complete and do not wear your gloves all day.
- You must understand how to take off your gloves properly to avoid contaminating yourself (see CDC graphic on reverse side).
- Dispose of your gloves in the trash immediately after removal.
- Wash your hands with soap and water immediately after glove disposal (use alcohol-based hand sanitizer if soap and water are not available).

For more information about hand hygiene:

- [https://www.cdc.gov/oralhealth/infectioncontrol/faqs/hand-hygiene.html](https://www.cdc.gov/oralhealth/infectioncontrol/faqs/hand-hygiene.html)
To protect yourself, use the following steps to take off gloves

1. Grasp the outside of one glove at the wrist. Do not touch your bare skin.
2. Peel the glove away from your body, pulling it inside out.
3. Hold the glove you just removed in your gloved hand.
4. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
6. Dispose of the gloves safely. Do not reuse the gloves.
7. Clean your hands immediately after removing gloves.