Consistent with CDC guidelines*, disposable gloves are not recommended for routine use around the UVM campus. Most UVM employees will not need to wear disposable gloves for their normal work activities.


However, there are certain job tasks or work areas where gloves may be recommended as personal protective equipment (PPE) to help minimize exposure to COVID-19, including:

- Routine cleaning and disinfecting of objects, equipment, or surfaces
- Specific high-contact tasks such as handling payments or sorting mail
- In laboratories as required by the Principal Investigator or Lab Safety Officer

Gloves are not a substitute for routine handwashing. Even if gloves are recommended, employees must continue practicing good hand hygiene, including washing hands before putting gloves on and taking them off.

To obtain disposable gloves for your department or work area, please follow instructions on Physical Plant’s COVID-19 Safety Supply site. (https://www.uvm.edu/physicalplant/supplies)

**How to Wear Disposable Gloves**

Gloves can help stop the spread of COVID-19 only if they are used correctly. Improper use of disposable gloves does not offer the wearer any additional protection and may even spread the virus from one area to another. If you wear disposable gloves:

- You must understand how to take off your gloves properly to avoid contaminating yourself – follow CDC instructions on the next page of this fact sheet.
- Make sure they fit. Gloves that are too small or too large can interfere with your ability to conduct your work safely.
- 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.
- 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.
- Dispose of your gloves in the trash immediately after removal.
- Wash your hands with soap and water or use hand sanitizer immediately after you throw away your gloves.
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.