



COVID-19 | 04/25/20

## How to Properly Remove Gloves Without Contaminating Yourself



### STEP 1:

With your right hand, pinch the palm of the glove on your left hand and pull the left glove down and off your fingers



### STEP 2:

Form the left glove into a ball and hold it in the fist of your right hand



### STEP 3:

Insert two fingers of your left ungloved hand under the inside rim of the right glove on the palm side of your hand



### STEP 4:

Push the glove inside out and down onto your fingers and over the balled left glove



### STEP 5:

Grasp the gloves with your left hand and remove them from your right hand

**NOTE:** You are only touching the inside of the gloves



### STEP 6:

Dispose of the gloves in the nearest trash bin

**TIP:** Keep a plastic bag in your vehicle to hold used gloves until you can properly dispose of them



### STEP 7:

To be safe, you should still avoid touching your face until you are able to practice proper hand hygiene.

1. Rinse your hands of any dirt or grease before adding soap
2. Apply soap and rub hands together making sure to get every area of your hands, fingers and any exposed areas of your wrists
3. Scrub for at least 20 seconds
4. Rinse off all the soap
5. Dry - a very important step to removing germs!
6. Avoid recontamination by using a paper towel to turn off the faucet and open doors

**NOTE:** If washing your hands with soap and water is not an option, use a hand sanitizer that contains at least 60% alcohol.