

HOW TO SAFELY REMOVE YOUR DISPOSABLE GLOVES



1 Pinch the base of the glove with your thumb and forefinger near the wrist. Get a good grip on the outside of the glove because you are going to use this grip to peel off the glove itself.



2 Peel the glove downward, turning it inside out as you go.



3 Completely remove the inside-out glove from the first hand. Hold it tightly balled up in your remaining gloved hand.



4 With your ungloved hand, slide two fingers inside the remaining glove at your wrist. Insert them reasonably far as you will be using this grip to peel the remaining glove. Try not to touch the outside of the remaining glove.



5 Peel the glove downward from the wrist using the two fingers you inserted in the previous step. Again, try not to touch the outside of the remaining glove. As you peel, let the glove turn inside out as it becomes a bag for the first glove that you are still holding.



6 Completely peel away the remaining glove until it covers the first glove and is completely inside out. You should only be touching the inside of the removed gloves at this point. And you should properly dispose of the gloves in an appropriate container.

Don't Forget!

- Clean to clean - A clean uncovered hand touches exclusively clean areas inside the other glove
- Dirty to dirty - Contaminated areas only touch other contaminated areas
- Do not touch your face or readjust masks with contaminated gloves
- Do not touch environmental surfaces with contaminated gloves – like door handles, a keyboard, a computer mouse
- Do not wash or reuse disposable gloves
- Change gloves after heavy use or if they are torn
- Be extra careful and wash hands or use hand sanitizer once gloves are disposed