



Using Gloves

During COVID-19

The coronavirus is not transmitted through the skin, but **gloves used properly may act as an additional protective barrier** when running essential errands. When wearing gloves, remember to always treat the outside of the gloves as if they are contaminated.

Wearing gloves does not replace or reduce the need for frequent handwashing.



Choose

If you choose to wear gloves, here are some of the different types out there:

Disposable gloves: These are single-use gloves that can be bought in bulk. They can be made from many materials (latex, nitrile, PVC, plastic).

- » Pro: You don't have to worry about washing them.
- » Con: Negative environmental impact, particularly if they're not disposed of correctly.

Reusable gloves: Gloves that you already own can act as a barrier. These may include: winter gloves, gardening gloves, dishwashing gloves, and sports gloves.

- » Pro: You may already own.
- » Con: May be awkward for handling items. Need to be washed between every wear.



Wear

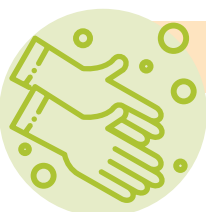
Putting on gloves

- Wash or sanitize your hands before putting on gloves
- Put on the gloves, and plan to leave them on until you are done with your errand
- Do not touch your face with the gloves.

Taking off gloves

Remember: The outside of the gloves are contaminated.

- Taking off the first glove:** Using one gloved hand, grab the palm side of the other glove and pull it off. Hold the glove you just took off in your gloved hand.
- Taking off the second glove:** Slide your ungloved fingers under the wrist of the second glove. Peel off the second glove over the first glove.
- For disposable gloves,** throw the gloves away immediately.
For non-disposable gloves, immediately put the gloves in the laundry or sanitize them.
- Wash or sanitize your hands right away.
- Disinfect any surfaces that came into contact with the gloves, like your phone or wallet.



Reuse

- Do not reuse **disposable gloves**. Single-use gloves should be treated as strictly single-use.
- Make sure you wash **non-disposable gloves between every use**. The easiest way to do this is to wash them with your laundry.