

SEQUENCE FOR HOW TO SAFELY PUT ON AND REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

GLOVES

How to wear and take off gloves

- Wash your hands with soap and water or use an alcohol-based hand sanitizer before putting on gloves.
- To remove gloves, using a gloved hand, grasp the palm area of the other gloved hand and peel off the first glove.
- Hold removed glove in the still-gloved hand.
- Slide fingers of ungloved hand under the remaining glove at the wrist. Peel it off so it turns inside out. The first glove will be inside the second, so you are protected.
- Discard both gloves in the trash.
- Wash your hands immediately after removing gloves using soap and water or use an alcohol-based hand sanitizer.

Gloves are not a substitute for handwashing.

The outer part of gloves is contaminated! If your hands get contaminated during glove removal, immediately wash your hands using soap and water and then an alcohol-based hand sanitizer.

Change gloves and wash your hands if:

- Gloves become damaged.
- Gloves become visibly soiled with blood or body fluids following a task.
- Changing tasks to work with non-soiled items.

Never wear the same pair of gloves in the care of more than one client.

Personal protective equipment is what you use when there are no other methods of avoiding exposure to infection. Follow basic strategies to reduce the risk of exposure to the virus, including social distancing.

