

Glove Wearing

Wearing gloves for everyday activities in public is not recommended to protect against COVID-19. Gloves can give a false sense of security, making someone feel more protected than they are. COVID-19 is transmitted through the mucous membranes of the eyes, nose, and mouth and not through our skin. Wearing gloves improperly such as touching surfaces and then touching your face may increase the risk of getting the virus. The use of gloves might also take attention away from hand washing. Remember, gloves are not a substitute for proper hand hygiene!

While hand washing is an effective measure, gloves do have a place. Medical gloves are essential for health care providers to provide a barrier to help prevent potential exposure to infectious diseases. Outside of a health care setting, gloves are recommended in some situations to help limit contact with surfaces and products.

When to wear disposable gloves

- When cleaning and disinfecting at home or in public settings. Many products recommend wearing gloves to protect the skin. Always read and follow the directions on product labels before use.
- When a staff member or volunteer handling food has a break in their skin or has a bandage that is covering a wound.
- When caring for someone who is sick- when touching the ill person, their environment and soiled items or surfaces.
- When removing or handling public garbage.

Gloves are only effective when proper procedures are followed.

Proper glove use

Before using gloves it is important to be aware of how to use them properly.

- Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer before putting on gloves.
- While wearing gloves:
 - » Do not touch your face with your gloves.
 - » Do not touch your mask with your gloves (if you are wearing one).
 - » Do not touch your personal items (like your phone) with your gloves so you don't bring the virus home with you!
 - » Do not re-use gloves that are made for one use.
- Remove gloves without contaminating your hands:
 - » Grasp the outside of one glove at the wrist without touching your bare skin.
 - » Peel the glove away from your body and pull it inside out.
 - » Hold the glove you just removed in your gloved hand.
 - » Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
 - » Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
- Dispose of the gloves safely right away and wash your hands with soap and water, or use an alcohol-based hand sanitizer.

Additional Resources:

Video: [Why gloves won't do much to protect you from COVID-19](#)

CDC: [When to wear gloves](#)



For more information, please call **1-800-660-5853**
or visit our website at www.healthunit.org

