WILL WEARING GLOVES PROTECT ME AGAINST COVID-19?

• No, cleaning your hands regularly with soap and water or alcohol-based hand sanitizer for at least 20 seconds offers more protection than wearing gloves
• You can still pick up COVID-19 infection while wearing gloves if you touch an infected surface and then touch your eyes, mouth or nose

WHEN SHOULD I WEAR GLOVES?

We do not recommend using gloves for members of the public, except for specific activities, which are:

• When performing housekeeping activities, such as general cleaning and disinfecting
• When handling food
• When providing direct care for a person suspected of having COVID-19, such as handling dirty laundry, washing dishes & tools or handling waste

HOW CAN I MAKE SURE I AM USING GLOVES SAFELY?

• Wash your hands before and after wearing gloves with soap and water or alcohol-based hand rub
• Remove and discard gloves after each use
• Change gloves if they become torn or heavily contaminated
• Disposable gloves should never be washed or re-used

HOW DO I AVOID CONTAMINATING THE GLOVES WHILE WEARING THEM?

Gloves protect you against contact with infectious materials. However, once contaminated, gloves can become a means for spreading the infection.

While wearing gloves:

• Avoid touching your face, nose, or mouth, or objects on your face such as eyeglasses
• Avoid touching frequently touched surfaces, such as light switches, doorknobs and elevator buttons
HOW TO TAKE OFF GLOVES

1. Grasp the outside of one glove at the wrist. Do not touch your bare skin.

2. Peel the glove away from your body, pulling it inside out.

3. Hold the glove you just removed in your gloved hand.

4. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.

5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.

6. Dispose of the gloves safely. Do not reuse the gloves.

7. Clean your hands immediately after removing gloves with soap and water. If not available, use alcohol-based hand sanitizer.