



ADVICE ON THE USE OF DISPOSABLE GLOVES



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