Removing Gloves to Prevent Germs on Your Hands

The CDC recommends wearing gloves when caring for someone sick, touching bodily fluids, and handling dirty items or laundry. The best protections against COVID-19 infection are frequent handwashing, not touching your face and keeping 6 ft of distance from others.

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

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

Step 3
Hold the glove you just removed in your other hand that still has a glove on

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

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

Step 6
Dispose of the gloves safely. Do not reuse the gloves. Immediately wash your hands after removing gloves