



## Proper Use of Disposable Gloves for COVID-19

---

These guidelines are for the use of disposable gloves when wearing them to protect yourself from surfaces that may be contaminated with the COVID-19 virus. The following information will help you use gloves properly, understanding when to use them, how to avoid cross-contamination when wearing gloves, and how to take them off.

Disposable gloves provide protection from contaminated surfaces, but only when taken off properly and after sufficient handwashing, provided no cross-contamination has occurred. Otherwise, gloves can give the wearer a false sense of security. Generally, gloves should only be used when contamination is known or suspected to be present and cannot be removed from the surface prior to contact (i.e. disinfected).

If disposable gloves are temporarily unavailable to you, handling items of concern with bare hands (while not contacting unnecessary surfaces) and then washing hands with soap and water or using hand sanitizer is an acceptable alternative.

**It is never appropriate to wear gloves throughout your shift while touching multiple surfaces. This is a common mistake made by wearers of disposable gloves. By touching other items with contaminated gloves, you are spreading whatever germs are on the outside of the gloves to unnecessary surfaces and vice-versa.**

To avoid cross-contamination and protect yourself properly, please follow these instructions on proper disposable glove use:

1. Wear gloves only during tasks where disinfection of surfaces is not possible. Example: opening and sorting mail.
2. Wash your hands before putting on gloves.
3. Inspect gloves for rips, tears, or degradation.
4. Put gloves on.
5. Perform task.
  - a. Avoid cross-contamination while performing task. DO NOT touch any other item besides the surfaces required to complete the task. This includes phones, water bottles, computer, doorknobs, light switches, etc.
6. When task is complete, remove gloves properly following the attached doffing guide and dispose of them in the trash.
7. Wash your hands with soap and warm water for at least 20 seconds.
8. If applicable, decontaminate all objects that were used during the task with a disinfectant wipe or spray.