

## COVID-19

# Public Safe Use of Gloves

Disposable gloves have not been proven to protect the person wearing them from COVID-19 and may still lead to the spread of germs. Wearing gloves is not a substitute for proper hand washing.

Practice daily prevention steps to support safe public interaction. Wash your hands, keep a physical distance (at least 6 feet) from others, and wear a cloth face covering when it is difficult to maintain a safe physical distance.

### When to use disposable gloves:

- *Cleaning and disinfecting your home* - follow precautions listed on the product label.
- *Caring for someone who is sick at home* when it involves cleaning and disinfecting the area around the person who is sick or other frequently touched surfaces.
- *Contact with blood, stool, or bodily fluids* such as saliva, mucus, vomit and urine.

### How to use disposable gloves:

- Gloves must be used in combination with hand washing.
- Hands should be washed or sanitized prior to putting on gloves and after taking gloves off.
- Inspect gloves for tears and pinholes before putting on.
- Ensure gloves fit securely around the fingers and palm and the cuff fits snugly around the wrist.
- Avoid touching your face when wearing them.
- Change gloves whenever you change an activity, touch your face,

or come into contact with an item that may have germs.

- Change gloves whenever they are damaged.
- Gloves should be removed using proper technique to avoid contamination of skin.
  - Removed by turning each glove inside out so the outer portion of the glove is not touched. Pull from the cuff and roll towards the fingers.
  - Dispose of the gloves in a lined trash container.
  - Disposable gloves should never be re-used again.
  - Hands should be washed or sanitized immediately after removing gloves.

### Limitations of gloves

It is important to understand that disposable gloves have limitations and need to be used safely.

- They can easily rip which reduces their effectiveness.
- Gloves may provide a surface for the virus to live on.
- Wearing gloves can create a false sense of security. Hand washing offers better protection.
- Touching commonly used items such as your phone, while wearing gloves, can spread the virus.

### References:

Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/gloves.html>

