

# Basic Glove Use Best Practices



*Gloves will only provide protection for yourself and others if they are used properly.*

Always wash your hands, for 20 seconds with soap and warm water, before putting on gloves, and after removing gloves as your hands may become contaminated while removing them.



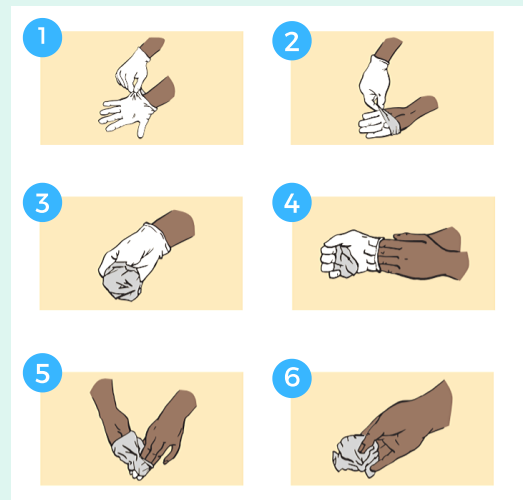
Do not touch your face, nose, mouth, or other exposed parts of your body while wearing gloves.



When removing gloves, protect yourself by following the steps below,

Peel the first glove away from body turning glove inside out. Hold the removed glove in the remaining gloved hand.

Peel the second glove off by putting your fingers inside the glove at the top of your wrist and remove the glove keeping the first glove inside the second. Dispose of gloves.



Source: [CDC.gov \(Glove Use\)](https://www.cdc.gov/glove-use/)

Gloves are meant for single-use, they should not be reused or used for multiple tasks.

Gloves are not enough. Washing your hands for 20 seconds with soap and warm water is the best way to prevent the spread of germs.