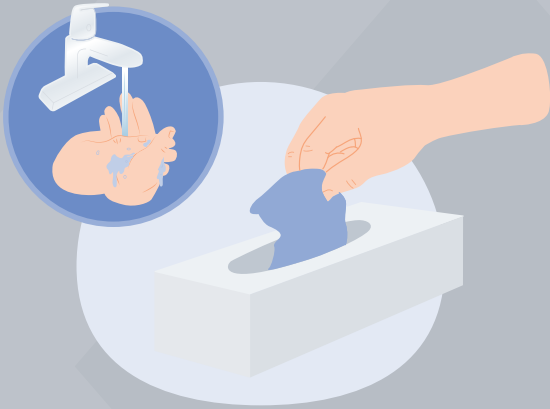


# How to put on gloves



Perform hand hygiene if you haven't already.

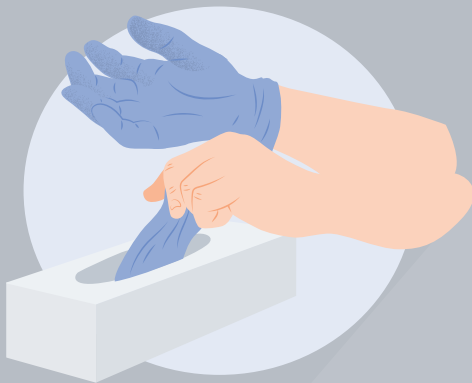
Take a glove out of the box.



Hold the glove with as little of the glove as possible near the wrist.



Insert the hand not holding the glove and put it on.



Pick up the second glove with your bare hand. Hold as little of the glove as possible near the wrist.



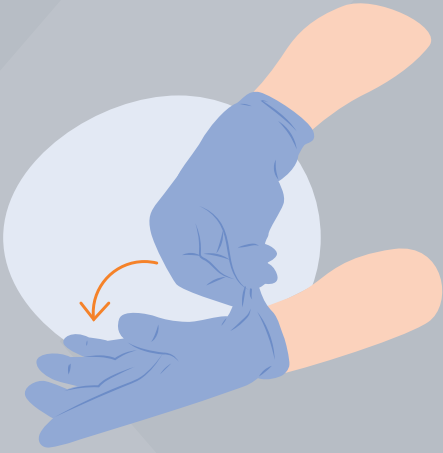
Using your gloved hand, tuck two fingers under the external surface of the second glove near the wrist. Insert ungloved hand into the second glove.



**Do not touch anything other than what is required once they are on.**

If there are any rips, tears, or other issues with your gloves, you must remove them and restart the process, including hand hygiene.

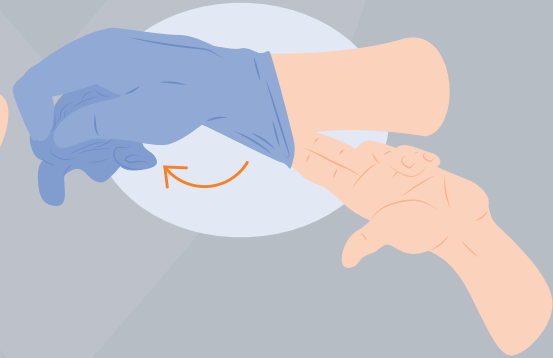
# How to remove gloves



Pinch one of the gloves around the wrist area with your other gloved hand and peel away from the hand. It should turn inside out as you pull. Do not touch your bare skin during this process.



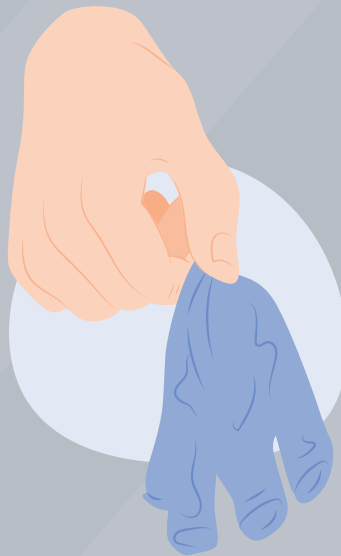
Ball up and hold the removed, inside out glove in your remaining gloved hand.



Slide your index and middle fingers of the non-gloved hand, or whole hand if needed, underneath the cuff of the remaining glove. Do not touch the outside of the glove.



Pull the glove down and over the first glove, so the second glove contains the first one. You should now be holding the glove inside out.



Discard in accordance with waste procedures.



Perform hand hygiene if this is the last piece of PPE you're removing or if you are changing gloves.