



## T3ii: Essential Supplies – Glove usage

### Why is this Tool Helpful to You?

Experts think that COVID-19 transmission can happen if a person touches an infected surface and then touches his or her eyes, nose, or mouth. This tool will help clarify the situations when gloves are a sensible precaution to protect you or others in your household from COVID-19 through contact with the virus with hands.

### Disclaimer

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### What You Need

**Preferred:** non sterile medical gloves

**Acceptable:** reusable gloves/rubber gloves (e.g. dish-washing / washing-up gloves)



## Should I Wear Gloves?

### When Leaving the House - No

**In summary:** it is not necessary to wear gloves when out in public. Make sure you wash your hands regularly and do not touch your face.

**Medical Gloves – No.** There is no strong evidence that recommends that you should wear medical gloves when leaving the house or while travelling on public transport.

Medical gloves are helpful in reducing transmission of pathogens like COVID-19 in healthcare workers, but at the same time they do not provide complete protection.

When leaving the house, it is fundamental to wash your hands regularly and / or use alcohol gel solution at the first available opportunity. Using gloves is unnecessary and can also lead to an increased the risk of germ transmission, if not used correctly.

Medical gloves usage does not represent an alternative to hand washing, which is the best way to prevent the spread of COVID-19.

**Reusable gloves/Rubber gloves – No.** Wearing rubber gloves while out is not recommended. Unfortunately, you can still contract the virus.

**Source:** [WHO](#)

### At home caring for someone with COVID-19 symptoms - Yes

#### Medical Gloves or Reusable gloves/Rubber gloves – Yes

If you are taking care of a member of your household with COVID-19 symptoms, you should wear gloves while touching their surroundings. Remember always to wash hands thoroughly with soap and water before and after removal.

If you do not have medical gloves you can use reusable gloves/rubber gloves. They must be cleaned with soap, water and bleach after each use. (20 ml / 1 teaspoon of bleach to 1 L / 2 pints of water).

#### After using the gloves

**Medical Gloves:** remove them carefully and wash hands thoroughly with soap and water before wearing a new pair.

**Reusable gloves/Rubber gloves:** remove them carefully and clean them with soap, water and bleach (20 ml / 1 teaspoon of bleach to 1 L / 2 pints of water). Allow to dry. Wash hands thoroughly with soap and water.

**Source:** [BCCDC](#), [HSE](#)



# Putting-on and removing gloves safely

## Putting on gloves

- Wash your hands thoroughly with soap and water for 20 seconds
- Select gloves of the right size. It is not necessary to double glove your hands.

Source: Adapted from [WHO](#)

## Removing gloves



<p><b>Step 1.</b></p> <ul style="list-style-type: none"> <li>• Grasp the palm of one glove near your wrist.</li> <li>• Carefully pull the glove off, turning it inside out.</li> </ul>	<p><b>Step 2.</b></p> <ul style="list-style-type: none"> <li>• Hold the glove in the palm of the still-gloved hand.</li> <li>• Slip two fingers under the wrist of the remaining glove.</li> </ul>
<p><b>Step 3.</b></p> <ul style="list-style-type: none"> <li>• Pull the glove until it comes off inside out.</li> <li>• The first glove should end up inside the glove you just took off.</li> <li>• Dispose of the gloves safely.</li> </ul>	<p><b>Step 4.</b></p> <ul style="list-style-type: none"> <li>• Always wash your hands after removing gloves and before touching any objects or surfaces. Gloves can have holes in them that are too small to be seen.</li> </ul>

Source: [Mount Nittany Health](#)