Guidance on Glove Use for COVID-19

Should you wear gloves at work to protect against infection by COVID-19?

In general, the answer is 'no'. Regularly washing your hands offers more protection against COVID-19 than wearing gloves. You can still pick up COVID-19 contamination on gloves, and if you then touch your face, you can infect yourself.

Gloves on campus should be reserved for those who need to wear them to perform their normal work duties. Gloves may be needed, for example, in biological research, during surgical procedures, for food preparation and food service, housekeeping work, when working with chemicals, or in health care settings.

Before you put on a new pair of gloves, it's important to wash your hands or use hand sanitizer. Make sure that the gloves aren't ripped, soiled or discolored and pull them up so they cover your wrist.

If you do wear disposable gloves, it's important that you remove them carefully to prevent contamination from getting on your hands. The steps you should take are:

1. Pinch the outside of the glove about an inch or two down from the top edge inside the wrist.
2. Peel downwards, away from the wrist, turning the glove inside out
3. Pull the glove away until it's removed from the hand. Hold the inside-out glove with the gloved hand.
4. With your gloveless hand, slide your fingers under the wrist of the glove, do not touch the outside surface of the glove.
5. Repeat step 3. Peel downwards, away from the wrist, turning the glove inside out.
6. Continue pulling the glove down and over the first glove. This ensures that both gloves are inside out, one glove enveloped inside the other, with no contaminants on the bare hands.
7. Dispose of the gloves in a proper trash receptacle, and then either wash your hands or use hand santizier.

Graphic source Globus Gloves https://www.globus.co.uk/how-to-safely-remove-disposable-gloves