

## When Should I Wear Disposable Gloves?



Do not wear disposable gloves instead of washing your hands.

The virus gets on them in the same way it gets on your hands. Also, your hands can get contaminated when you take them off.

Disposable gloves are worn in medical settings. They are not as effective in daily life.

Wearing disposable gloves can give you a false sense of security.

You might:

- Sneeze or cough into the gloves - this creates a new surface for the virus to live on
- Contaminate yourself when taking off the gloves or touching surfaces
- Not wash your hands as often as you need to and touch your face with contaminated gloves



### How to wash your hands with soap and water

1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.
4. Do this for about 20 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.