



When to Wear Gloves



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Wearing masks is an important step to help prevent the spread of COVID-19. You might be wondering if you should wear gloves and whether they are another form of personal protective equipment (PPE). The Centers for Disease Control and Prevention (CDC) recommends wearing gloves when you are cleaning, disinfecting or providing care to someone who is sick. Gloves can provide a false sense of protection since some people will forget and touch their face or other objects, spreading contamination. When people wear gloves, they are likely to wear them for longer than they should and perform hand hygiene less frequently than recommended.

Gloves can lead to the misconception that hand hygiene practices can be neglected and that it is not necessary to follow the standard procedures for limiting the spread of the virus. For gloves to be effective as personal protective equipment (PPE), you must be extremely diligent in changing and disposing of them. Gloves are only good protection if the people wearing them follow good protective measures.



The CDC recommends that people wear gloves in the following situations.

When cleaning and disinfecting your home

- Follow precautions listed on the disinfectant product label.
- Create good ventilation by turning on a fan or opening a window to get fresh air into the room you're cleaning.
- Wash your hands after you have removed the gloves.

When providing care for someone who is sick

- Use gloves when cleaning and disinfecting the area around the person who is sick or when cleaning other surfaces that may be frequently touched in the home, such as light switches.
- Use gloves when touching or having contact with soiled clothing or bedding, blood, stool, or body fluids such as saliva, mucus, vomit or urine.
- Do not disinfect or reuse the gloves.
- After using gloves, throw them in a lined trash can.
- Wash your hands after you have removed the gloves.

When getting gas

- Use disinfecting wipes on pump handles and buttons before you touch them.
- Carry disposable gloves in your car to use when gripping the pump handle.
- Paper towels are another option that can be used. Sometimes the towels are available near the pump.
- Properly dispose of what you use and make sure to wash your hands or use hand sanitizer with at least 60% alcohol afterward.

Gloves are not recommended for general errands because of the high probability of cross-contamination. Be mindful when putting on or removing gloves, and get in the habit of looking for tears and rips in them. Gloves can be torn by fingernails, jewelry or other sharp objects, and can be damaged through wear and tear. If you wear gloves while using a shopping cart, ATM and smartphone, then dig through your purse or pockets, they cease to be a source of protection. In the process of removing your gloves, your hands may become contaminated, so you must clean your hands when returning to the car or home.

Here are nine steps for removing gloves:

1. Pinch the outside of your first glove at the wrist, being careful not to touch any bare skin.
2. Peel the glove away from your hand while pulling it inside out.
3. Be careful not to rip or tear gloves in the removal process to avoid contamination.
4. Hold the glove you removed in your gloved hand because you risk contamination if you hold it in the hand without a glove.
5. Remove the other glove by inserting your fingers inside the glove under your wristband. Be sure not to touch the exterior of the glove with your bare hands!
6. Turn the glove inside out while pulling it away from your body.
7. Leave the first glove inside the second glove.
8. Immediately dispose of the gloves by placing them in the trash or carry baggies to dispose of the gloves later.
9. Wash your hands immediately after you remove the gloves.



What kind of gloves should I wear? There are three types of gloves available.

- Latex gloves are often the most popular choice for medical professionals.
- Nitrile gloves are made of a synthetic rubber and are the most puncture-resistant gloves.
- Vinyl gloves have a looser fit, are less durable, and are usually the most economical.

According to CDC, the best way to protect yourself from COVID-19 is to wear a mask or other face covering when around others. Wash your hands often with soap and water. Use hand sanitizer with at least 60% alcohol. Put at least 6-feet distance between yourself and others.

You can review the Proper Removal and Disposal of Person Protective Equipment (PPE) Fact Sheet developed by Anon Anderson, Area Educator with Lincoln University, which shows how to properly remove gloves. https://bluetigerportal.lincolnu.edu/c/document_library/get_file?uuid=18161458-7da2-47ec-9b3e-78e84ab85353&groupId=13583

Reference:

Centers for Disease Control and Prevention, When to Wear Gloves, Updated July 16, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/gloves.html>

Content Source: Wearing Gloves to Protect Against Coronavirus? Here's What You're Doing Wrong by Nadine Jolie Courtney and Medically reviewed by Michael Spertus, MD, Updated April 7, 2020, <https://www.thehealthy.com/infectious-disease/gloves-coronavirus/>

Content Source: Why You Shouldn't Wear Gloves to the Grocery Store

<https://lompocvmc.com/blog/1347-why-you-shouldn-t-wear-gloves-to-the-grocery-store>

Content Source: Performance Health: Should I Wear Gloves? & More COVID-19 Hand Hygiene Tips <https://www.performancehealth.com/articles/should-i-wear-gloves--more-covid-19-hand-hygiene-tips#Should-I-wear-gloves-during-COVID-19?-Why-or-why-not?>

Content Source: Centers for Disease Control and Prevention: Running Essential Errands, Updated September 11, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>