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he following guidance should be followed when donning (putting on) and doffing (removing) nitrile gloves. This applies to all personnel who may come in contact with objects or surfaces potentially contaminated with an infectious virus, blood, or body fluid.

### DONNING (PUTTING ON) GLOVES

- 1 Remove jewelry from your wrists
- 2 Hold glove at cuff
- 3 Ease first hand into glove with fingers outspread
- 4 Grab second glove and ease onto hand with fingers outspread

Jewelry worn on the wrists, such as watches and bracelets, can easily trap contamination in hard to wash places. If worn, take extra care to wash your wrists and routinely disinfect jewelry at the end of your shift.

### DOFFING (REMOVING) GLOVES

- 1 Pinch thumb and forefingers together on both hands
- 2 Pinch outside of first glove at palm or wrist and pull inside out
- 3 When first glove is half off, start removing the second one
- 4 Using clean interior, remove both gloves completely
- 5 Dispose of gloves in provided trash receptacle

### RESOURCES

VIDEO: How to Safety Remove Gloves - <https://youtu.be/LS2CHZSr0Rs>

