

The Facts



OCCUPATIONAL AND ENVIRONMENTAL SAFETY

On Glove Usage During COVID-19

Wearing gloves for protection against COVID-19 contact contamination is not recommended. It is possible wearers will contaminate their hands if the gloves are carelessly removed. Frequently washing hands with soap and water has been shown to be a more effective way to protect yourself from contamination.

Why Gloves are **NOT** Preferred for Protection Against COVID-19

- Touching your face with contaminated hands, whether gloved or not, poses a significant risk of infection.
- Gloves often create a false sense of security for the individuals wearing them; people are more likely to touch contaminated surfaces because they feel protected from the virus.
- When wearing gloves, people are less inclined to wash their hands, even though handwashing is the number-one defense against any virus.
- Proper removal of gloves takes training. If contaminated gloves are not removed properly, employees are exposed to greater risk.

Who Should Wear Gloves and What Type?

- Custodial workers- **Vinyl, Reusable**
 - Healthcare workers- **Nitrile**
 - Mail handlers- **Vinyl**
 - People cleaning supplies or equipment known to be contaminated with COVID-19- **Reusable, Nitrile**
 - Food handlers- **Vinyl**
 - EMTs and Emergency Responders- **Nitrile**
- It is important to remember that although you are wearing gloves, you should avoid touching your face, eyes, nose, mouth, or personal items.

Recommendation from the CDC

Wearing gloves outside of the above instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol if soap and water are not readily available.

Most Effective Ways to Protect Yourself and Others from COVID-19

- **FREQUENTLY WASH HANDS WITH SOAP AND WATER.**
- Do not touch your mouth, nose, or eyes with unwashed hands.
- Practice social distancing.
- **Frequently** clean workstations with disinfecting spray/wipes
- Wear cloth face coverings.
- Cough and sneeze into your elbow rather than your hand.
- Stay home if you are feeling ill.
- Do **NOT** touch personal items with gloves on.
- Immediately wash hands after removing gloves.
- If you were touching a surface with gloves on it still needs to be disinfected.

If it is deemed necessary for you to wear gloves (e.g. Healthcare workers) the photo to the right demonstrates proper removal.



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For more worker protection information on **COVID-19** visit www.clemson.edu/research/safety