**REMOVING DISPOSABLE GLOVES**

*Note: To remove gloves without spreading germs, never touch your bare skin with the outside of either glove.*

1. **PINCH GLOVE**
   Pinch the palm side of one glove near your wrist. Carefully pull the glove off so that it is inside out.

2. **SLIP TWO FINGERS UNDER GLOVE**
   Hold the glove in the palm of your gloved hand. Slip two fingers under the glove at the wrist of the remaining gloved hand.

3. **PULL GLOVE OFF**
   Pull the glove until it comes off, inside out. The first glove should end up inside the glove you just removed.

4. **DISPOSE OF GLOVES AND WASH HANDS**
   After removing the gloves:
   - Dispose of gloves and other personal protective equipment (PPE) in a proper biohazard container.
   - Wash your hands thoroughly with soap and running water, if available. Otherwise, rub hands thoroughly with an alcohol-based hand sanitizer if hands are not visibly soiled.