Before caring for clients with confirmed or suspected COVID-19, CAREGivers must receive comprehensive training on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.

Gloves are the most often used PPE item. Gloves should be worn when there is any danger of touching infectious material. Gloves are designed for one time use and should be put on last, ensuring that the cuffs of the gloves cover the wrists and go over the gown.

**Donning**

1. Choose the proper glove size for you. Gloves come in a wide range of sizes. Try on several different pairs of gloves until you find the right fit. Feel for the following to identify you have the right fit:
   1. Ability to move your hands comfortably
   2. No friction on your skin
   3. Little to no sweating
   4. Gloves should be tight without gaps
   5. Little or no hand muscle fatigue.
2. When it is time to put on the gloves, remove your jewelry. Bracelets and other jewelry on your hands are not appropriate when working in an isolation situation. They may also contaminate or tear your gloves, along with making it more difficult to properly wear your gloves.
3. Wash your hands thoroughly before handling the gloves or putting them on. When cleaning your hands with soap and water, wet your hands first with water, apply the amount of product recommended by the manufacturer to your hands, rub your hands together vigorously for 20 seconds, covering all surfaces of the hands and fingers.
   1. Cleaning your hands with soap and water should take around 20 seconds. The focus should be on cleaning your hands at the right times.
   2. Rinse your hands with water and use disposable towel to turn off the faucet.
4. Remove the glove from the package and inspect for rips, discoloring or dampness. Discard if compromised.
5. Using your nondominant hand, pick up your glove. Touch just the inside of the glove cuff (the side that will be touching your skin). Carefully place the glove on your dominant hand with the fingers pointing downward. Slowly slide your hand into the gloves with your palm facing up and fingers open.
   1. Put the fingers of your gloved hand into the folded cuff of the other glove and lift up. Keeping your second hand flat and palm facing up, place the glove over your fingers. Then, pull it over your hand.
6. Check to make sure there are no rips, tears or other issues. If there is anything wrong with the gloves, discard and repeat these steps again.
7. Change gloves and perform hand hygiene during client care, if:
   1. Gloves become damaged,
   2. Gloves become visibly soiled with blood or body fluids following a task,
   3. Moving from work on a soiled body site to a clean body site on the same client or if another clinical indication for hand hygiene occurs.
8. Never wear the same pair of gloves in the care of more than one client.

**Doffing**

1. Grasp the outside of one glove at the wrist. Do not touch your bare skin.
2. Peel the glove away from your body, pulling it inside out.
3. Hold the glove you just removed in your gloved hand.
4. Peel off the second glove by putting one finger inside the glove at the top of your wrist.
5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
6. Dispose of the gloves safely. Do not reuse the gloves. Place them in a plastic bag that you can seal. Then, throw the plastic bag in a garbage bin.
7. Clean your hands with soap and water immediately after removing gloves.

As a reminder, if you are working with someone in airborne or droplet isolation, the appropriate steps for donning and doffing full PPE are:

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| **DONNING**  Secure any loose hair or wear a hair cover  Perform hand hygiene  Put on shoe covers  Put on gown  Perform hand hygiene  Put on mask/respirator  Put on eye protection  Put on gloves | **DOFFING**  Remove shoe covers  Remove gown and gloves together  Perform hand hygiene  Remove eye protection  Remove facemask  Perform hand hygiene |