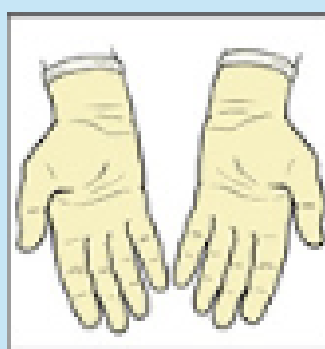


How should I remove gloves?

Here are some simple steps for taking your gloves off:



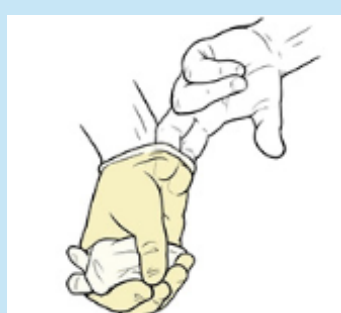
1) Make sure to keep your gloves away from your face or any skin exposure.



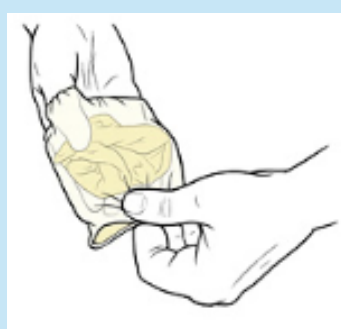
2) Pinch the bottom of the first glove, making sure not to touch your skin.



3) Pull the first glove off your hand. Hold the first glove in your glove covered hand.



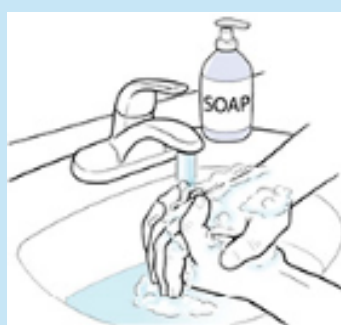
4) With your uncovered hand, slip your fingers under the remaining glove. Use those fingers to pull the glove off.



5) Remembering to pull the remaining glove off over the first glove, pull completely off of your hand.



6) Throw the gloves away!



7) Always wash your hands after taking your gloves off.

For more information, visit:

[cdc.gov](https://www.cdc.gov)

[nenycosh.org/COVID-19](https://www.nenycosh.org/COVID-19)

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