The 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

**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](https://youtu.be/LS2CHZSr0Rs)