

# Take off your gloves & clean your hands

- Remove your gloves
- Clean your hands upon entry & departure
- Clean your hands often



**GLOVES ARE BEST  
USED FOR PATIENT CARE**

**Remove Gloves  
+  
Clean Hands**

## Why routine glove use is **NOT** recommended in public:

- Gloves pick up and transfer germs from any surfaces you touch to the next surface or object.
- Wearing gloves prevents you from being able to clean your hands, which is the most important hygiene action you can take to prevent the spread of COVID-19.
- Glove use can be counterproductive because studies show that most people who routinely used gloves removed them incorrectly or did not clean their hands after removing and their hands picked up germs anyway.

For more information, go to <https://www.ucsf.edu/topic/covid-19>