



# Proper Removal And Disposal of Personal Protective Equipment (PPE)

Compiled from the Centers for Disease Control and San Francisco Department of Public Health.

The news has been plagued with images of disposable gloves and masks littered on the ground, especially in parking lots of grocery stores. This improper disposal can contribute to the spread of the Coronavirus (COVID-19), especially since the virus is able to live on some surfaces for hours or days. Also, it is best to keep children at home when conducting essential errands such as grocery runs, but unfortunately, some parents/guardians aren't able to do this.



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## Proper Removal of Face Masks:

1. Hands should be cleaned with soap and water (preferably) or hand sanitizer before touching mask.
2. Keep clean hands away from the front of the mask, as it will be contaminated.
3. Face masks with TIES should first be untied at the bottom bow then at the top bow. It should then be pulled away from you as the ties are loosened.
4. Face masks with EAR LOOPS should be held at both ear loops then gently lifted away.
5. Face masks with BANDS should be lifted from the bottom strap over your head, followed with the top strap being pulled over your head.
6. The mask should then be disposed of in the TRASH.
7. Repeat step one again by cleaning hands with soap and water (preferably) or hand sanitizer.

## Proper Removal of Gloves:

Photos courtesy of CDC/ Kimberly Smith, Christine Ford



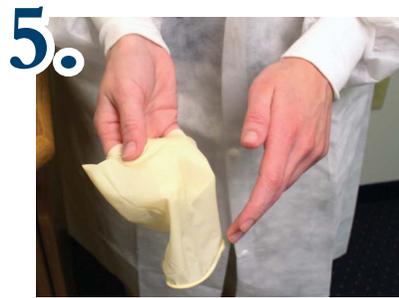
1. With hands extended away from the body, grasp the outside of one glove at the wrist while avoiding contact with bare skin



4. The second glove should be peeled away by placing your fingers inside the glove at the top of your wrist.



2. Glove should then be peeled away from the hand and pulled inside out.



5. The second glove should now be turned inside out while pulling it away from your body while being sure to leave the first glove inside of the second.



3. The glove that was just removed should now be held in your gloved hand.



6. Safely dispose of the gloves in the TRASH.

7. Clean hands immediately after disposal with soap and water (preferably) or hand sanitizer.

**Please be sure these disposed objects cannot be retrieved as they are now contaminated.**

How to Put on and Remove a Face Mask . (2017, December 13). Retrieved from <https://www.sfcddp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

How To Remove Gloves. (n.d.). Retrieved from <https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>