

## Sharing from Swampscott CFCE Program

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### PROPER REMOVAL of PPE

Good morning everyone! As you know Covid-19 is causing everyone to wear gloves and a mask. I wanted to review proper mask and glove removal/disposal.

Mask: Technically masks should be removed first then gloves. But in this instance many are wearing it until they get home. You should never wear a mask around your neck... Also, a mask should cover your nose and lips at all times. Proper removal is by removing ears of mask, throw away in trash, and wash hands immediately and or use hand sanitizer.

Gloves: Should be removed immediately when done and disposed of in trash or your own personal ziplock bag/trash bag. For example, once you are done shopping at the grocery store and outside at that point you should technically be removing your gloves. If you are opening your car and then touching everything in your car with your contaminated gloves you have just contaminated multiple surfaces in your car and possibly on yourself. Remove the gloves prior to entering car and dispose of the gloves in the trash... use hand sanitizer immediately and then wash your hands when you get home.

I am a healthcare dental provider and wanted to highlight cross contamination. When you have contaminated gloves (grocery shopping gloves) you should not be touching your mask, hair, face, phone, interior of car or going home and unloading everything with the same gloves you used to shop. I think it's super important gloves/masks are being used and removed properly otherwise what's the point...

Also, dispose of them in TRASH not on ground and or shopping carts. You can even have a trash bag or zip lock

Bag with and dispose of gloves in there 😊

Wash wash wash your hands!

Thank you have a wonderful day !

### **CHART ON HOW TO PROPERLY DISPOSE PPE FROM ST. OLAF COLLEGE**

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