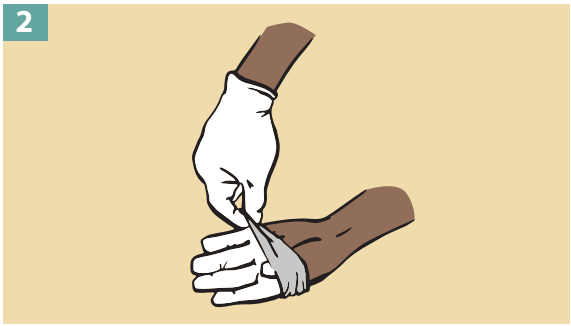
How to Properly Remove Gloves

To protect yourself, use the following steps to take off gloves:

1

Grasp the outside of one glove at the wrist. Do not touch your bare skin.

2

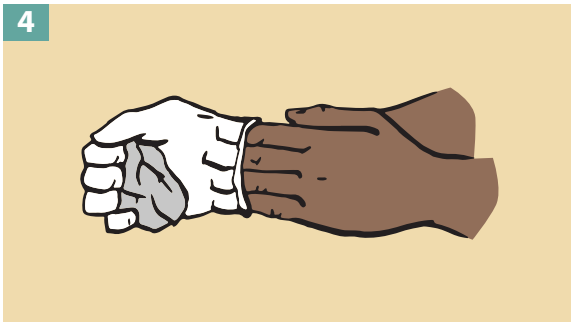


Peel the glove away from your body, pulling it inside out.

3

Hold the glove you just removed in your gloved hand.

4



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.

5

Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.

6

Dispose of the gloves safely. Do not reuse the gloves.

7

Clean your hands immediately after removing gloves.