



## NC DEPARTMENT OF **HEALTH AND HUMAN SERVICES**

When wearing personal protective equipment, please keep the following key points in mind.

### Facemasks:

- Wear a facemask to protect the nose and mouth from exposure to droplets that may occur when people cough or sneeze and if there is risk of being splashed or splattered in the face
- Wash hands before putting on AND after removing mask
- Make sure that the mask fits snugly to your face
- Properly remove and dispose of your mask by touching only the ear loops or ties
- Change your mask when it is wet or soiled
- Do not touch your mask while wearing it; if you do, wash your hands

### Gloves:

- Wear gloves when there is a risk of exposure to blood and body fluids, non-intact skin or mucous membranes
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- Wash hands before putting on AND after removing gloves
- If gloves become contaminated or torn during use, remove them, wash hands, and put on clean gloves
- Remove gloves carefully to prevent contaminating yourself
- Remove gloves when leaving the work area (where exposure could occur)
- Change gloves between patients
- Do not re-use or wash gloves
- Do not substitute glove use for hand hygiene
- Do not touch your face while wearing gloves

<https://covid19.ncdhhs.gov/information/health-care/long-term-care-facilities>