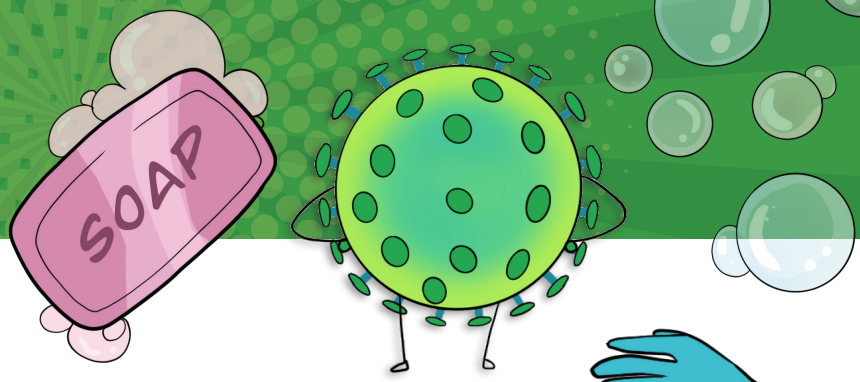
COVID-19
Clean Hands Mythbusters



TRUE OR FALSE

When I go out in public, I should wear disposable gloves to protect me from COVID-19.

FALSE!

Wearing gloves while we do normal activities such as going to the grocery store will not necessarily stop the spread of COVID-19. Gloves pick up germs and many of us touch our faces or other items while wearing gloves. The most important time to wear gloves is when taking care of someone who is sick, otherwise handwashing is better.

When someone wears disposable gloves, they can use them only once.

TRUE!

Once we take off disposable gloves it is not safe to put them back on. We should throw away disposable gloves after they are removed from our hands once.

Regular gloves, like winter gloves, will protect me from COVID-19.

FALSE!

Regular gloves like winter or work gloves, are not made to protect us against germs such as viruses.

Using hand sanitizer on my disposable gloves allows them to stay clean.

FALSE!

Sanitizer does not work properly on most gloves. Gloves may also get tiny holes or tears in them that can allow germs to get to your hands.

Hand washing is more sanitary (cleaner) than wearing gloves.

TRUE!

Washing your hands is the #1 way to keep germs from spreading. We spread germs a lot more than we think, so washing your hands often helps keep those germs in their place!

The best way to keep our hands clean is by washing them often with soap and warm water while slowly saying the ABCs or counting slowly to 20.

Now that you have the facts, you can keep your hands clean to help you and everyone else stay safe!

Simmons, G., Melvin, R.G., King-Siert, R., Wirta Kosobuski, A. 2020. University of Minnesota Medical School. Illustrations by Jordan Rodgers.