

City of Lynn

Disposable Glove Removal Guide



In an effort to control the spread of COVID-19, please do not throw used disposable gloves on the city streets and sidewalks.

The guide below explains how to remove gloves so that they will become inside-out and safe to put in your pocket until you are able to dispose of them properly in a trash receptacle.



1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.
4. With your un-gloved hand, slide your finger/s under the wrist of the remaining glove, taking care not to touch the outside of the glove.
5. Again, peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand. This will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on the bare hands.
7. Always dispose gloves in a TRASH RECEPTACLE.

For more information, please call the Lynn Public Health Department at 781-598-4000