To take gloves off, grab one glove at your wrist.

Without touching your skin, pull the glove off your hand while turning it inside out.

Hold the removed glove in the gloved hand.

Slide the fingers of the ungloved hand inside the gloved hand at the wrist.

Remove the second glove by rolling it down the hand and fold it into the first glove.

Throw the gloves in a trash can. Wash your hands after you take your gloves off with hand soap and water or use hand sanitizer.