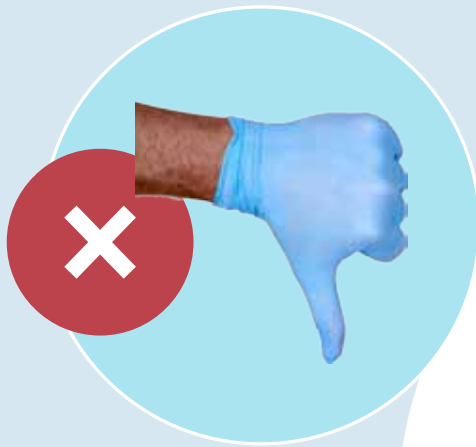# Hamilton Health Sciences

Wearing gloves in public will not protect you against COVID-19

✗ Gloves cannot be cleaned by using hand sanitizer.

✗ Wearing gloves can spread COVID-19 to yourself and others.

✔ Regularly wash your hands for 20 seconds to stop the spread of COVID-19.

✔ Gloves may be needed when caring for someone with COVID-19. Wash your hands after removing gloves to prevent spreading germs.