Pinch and hold the outside of the glove near the wrist with the other gloved hand.

Peel downwards, away from the wrist, turning the glove inside-out.

Pull the glove away and remove it, holding the inside-out glove with the gloved hand.

With your ungloved hand, slide your fingers under the wrist of the remaining glove without touching the outside of the glove.

Peel downwards, away from the wrist, turning the glove inside-out.

Continue to pull the glove down and over the inside-out glove being held in your gloved hand. Dispose of the gloves and wash your hands.

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