

Can medical gloves and disposable gloves really prevent COVID-19 from spreading to people?

In the context of COVID-19 epidemic is raging, masks or disinfectant hand sanitizer is always the fastest product out of stock at every store. Now, we have a new candidate on our list of the fastest selling products, which is disposable gloves.

Many people believe that wearing disposable gloves will avoid touching potentially contaminated surfaces in public places. Is this really an effective way to reduce the risk of COVID-19 infection?

Ways of transmission of COVID-19

According to the Centers for Disease Control and Prevention (CDC), the new strain of corona virus is spread from an infected person to others through airborne droplets when coughing or sneezing. Ordinary people who inhale these droplets become infected through the aforementioned process.

COVID-19 can also be spread by close contact, such as touching or shaking hands.

Touching an infected surface and then putting it on your mouth, nose or eyes before washing your hands can also lead to infection, but this doesn't seem to be the main way COVID-19 spreads, according to experts. About infectious disease Amesh A. Adalja, senior scholar at the Johns Hopkins Health Security Center.

Does wearing disposable gloves really reduce the risk of COVID-19 infection?

The CDC did not recommend that the public wear disposable gloves to prevent the spread of COVID-19. However, the agency recommends that people wear disposable gloves when caring for someone who has been diagnosed with COVID-19, especially when handling laundry and when in contact with body fluids.

However, nowadays we see many cases of people wearing disposable gloves when working every day, even though they are not in contact with patients infected with corona virus. According to experts this is not necessary.

' *People may not be able to wear them properly* ', according to Dr. Adalja (Example: wearing gloves but removing them when using the phone and then wearing again). He added that medical gloves are not designed for everyday use or are easily torn off.

' *In addition, those who wear gloves still tend to touch their faces, which is the main way of spreading COVID-19,* ' said Richard Watkins, an infectious disease physician and associate professor of internal medicine at Eastern Medical University. North Ohio explained.

The burning of products such as medical masks or disinfectant hand sanitizers makes Dr. Watkins worried about the shortage of disposable gloves or medical gloves for health professionals who really need them. .

How to reduce the risk of COVID-19 infection?

CDC recommends washing your hands often with soap and water for at least 20 seconds. In case soap and water are not available, a hand sanitizer that contains at least 60% alcohol is the best choice. In particular, do not touch the eyes, nose and mouth.



You might also consider some of the following recommended by experts:

- Avoid close contact with anyone who shows signs of illness.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean and disinfect objects and surfaces that are frequently touched.

- Talk to your doctor if you develop symptoms within 14 days after returning from a country with COVID-19 outbreak.

- Stay home if you develop symptoms of a cold or flu.

- Avoid unnecessary travel to areas where COVID-19 outbreaks are active.

- Visit the local health department website to make sure you are getting accurate updates.

Lastly, Dr. Adalja says using disposable gloves isn't really worth your time. It creates a false sense of health and safety protection. It is important to always wash your hands.

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