How to Don/Doff Gloves and Masks

First thoroughly wash your hands

Put on the mask, careful to hold by the ear straps and pull as tight as you can. Mask should cover nose and extend down to under chin

Then put on your gloves. The snugger the better.

To Remove them:

First, Remove the gloves

Grasp one glove on the outside of the glove and fold it down on top of itself and then off

Hold it in the gloved hand

Then insert your finger on the inside of the remaining gloved hand, and fold the glove down so only the inside, clean side of the glove is touched by your hand

Place the 2 gloves in a trash bag

Then remove the mask:

Place your fingers around the ear loop, avoid touching the front of the mask. If it is disposable, then place it in a trash bag. If it is washable then place in in a plastic bag until you can wash it.

Finally, after all protective gear is removed, immediately wash your hands again.

When you think about it, these procedures make sense, but the trick is to get in the habit of doing it the correct way, rather than automatically taking things off quickly.