HOW TO WEAR A MASK
Follow the rules for masks in your school

PUTTING ON
1. Clean hands
2. Hold by the ties or loops
3. Cover the bridge of your nose to your chin
4. Avoid touching the mask or your face under the mask
5. Change it if wet or dirty

TAKING OFF
1. Remove from the straps behind your ears or head
   Do not touch the front of the mask
2. Put re-usable mask in a bag or container, do not let it touch other surfaces
3. Clean hands

Adapted by Ottawa Public Health. Courtesy of the Government of Alberta, 08/2020