

COVID-19 INFORMATION

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

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