



Safely **putting on** and **taking off** a non-medical mask (i.e. cloth mask)

If you wear a non-medical mask, be sure to:

PUTTING ON

- Wash your hands before
- Place mask on your face so it covers your mouth and nose snugly (no gaps)
- If applicable, pleats on outer side are facing down
- If applicable, pinch metal strip over nose
- Do not touch the mask or your face while using it
- Do not leave it on your neck, forehead, or hanging from your ear

- Change your mask as soon as it gets damp or dirty
- Wash your hands before removing
- Remove it without touching the side that faces outwards
- Put the mask directly into the washing machine or a plastic bag for cleaning
- Wash your hands and clean any surface the mask touched

TAKING OFF