Safely putting on and taking off a mask*

When you wear a mask, be sure to:

PUTTING ON

• Wash your hands before
• Place mask on your face so it securely covers your nose, mouth, and chin (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

*Takes off

*A mask can be cloth (non-medical), disposable or medical.