



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

TAKING OFF

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

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