

# HOW TO PUT ON A FACE MASK

1

Wash hands with soap and water or use hand sanitizer before touching your mask.



2

Ear loops: Hold the mask by the ear loops and put loop around each ear.

Ties: Place mask at nose level and then put the ties over the crown of your head and tie securely.



3

Shape the mask securely around your nose, having the top of the mask on the bridge of your nose.



4

Make sure the bottom of the mask is over your mouth and chin.



# HOW TO REMOVE A FACE MASK

1

Wash hands with soap and water or use hand sanitizer before touching your mask. Make sure not to touch the front of your mask.



2

Ear loops: Remove by lifting the ear loops away from your face, only touching the ear loops.

Ties: Remove by untying the bottom first, then untie the top and remove the mask away from your face, touching only the ties.



3

If you have a disposable mask, be sure to throw your mask away in the trash after each use. If you have a reusable cloth mask, be sure to wash in between use.



4

Wash hands with soap and water or use hand sanitizer to clean your hands.

