

# How to Wear a Mask



## STEP 1: WASH YOUR HANDS

1. **Clean your hands.** Before touching a clean medical mask, wash your hands thoroughly with both soap and water. Once you've applied soap to your wet hands, you should rub your hands together to wash them for at least 20 seconds before rinsing them off.

2. Always use a clean paper towel to dry your hands, and then place that paper towel into a trash bin.



## STEP 2 : CHECK THE MEDICAL MASK FOR DEFECTS.

**Check the medical mask for defects.** Once you've taken a new (unused) medical mask from the box, check it to ensure it doesn't contain any defects, holes or tears in the material. If the mask has defects, holes or tears, throw it away and select another new (unused) mask from the box



## STEP 3 : ORIENT THE TOP OF THE MASK PROPERLY

In order for the mask to fit as close to your skin as possible, the top portion of the mask will have a bendable, but stiff, edge that can be moulded around your nose. Ensure this bendable side is facing upwards before applying the mask to your face.



## STEP 4 : ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS

Choose a mask that fits your face. Pull the head bands loose.



## STEP 5: PLACE THE MASK ON YOUR FACE

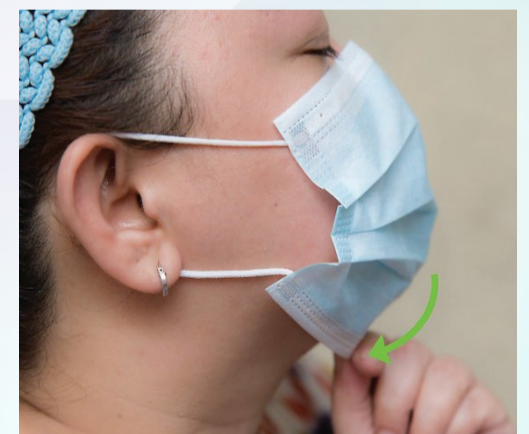


## STEP 6: ADJUST THE NOSE PIECE

Pinch the bendable portion of the top of the edge of the mask around the bridge of the nose



## STEP 7: Tie the lower band of the mask if needed



## STEP 8: FIT THE MASK TO THE FACE AND UNDER YOUR CHIN

Ensure the mask covers the nose and mouth, so the bottom edge is under the chin