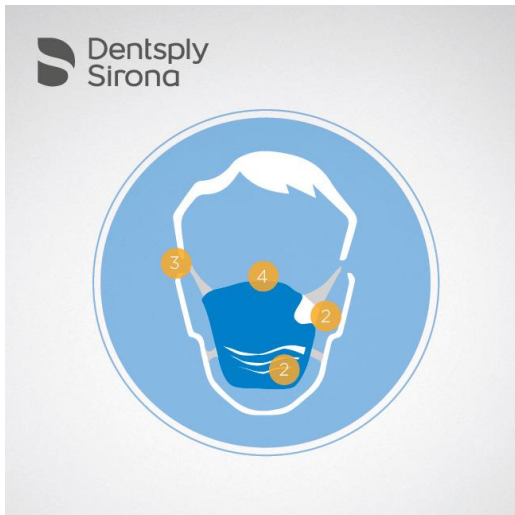# How to wear a face mask correctly

With the ongoing pandemic, wearing face masks daily has become a reality not only for healthcare workers, but for much of the global population. It is important to use and care for the face mask properly. Please follow the guidance below to help protect your health and the health of those around you:

1) Always wash your hands with soap and water or use hand sanitizer before putting on your face mask. Remove your glasses if you wear them.

2) Hold the mask by the ear loops with the colored side outward and pleated openings facing downward with the metal wire on top.

3) Carefully place the mask over the nose and below your mouth, pull the ear loops over your ears and then hold the mask at the top and adjust the mask to fit under your chin.

4) Gently pinch the wire around your nose minimizing any open gaps. If you wear glasses, put them on now.

5) To remove the mask, pull the ear loops from around your ears.

6) Dispose the mask immediately into a trash container.

7) Wash your hands with soap and water or use hand sanitizer.

Please note:

- Disposable face masks should not be used for more than one day and should be replaced immediately if the mask becomes damaged, soiled or wet.
- Do not expose your nose while wearing the mask.
- Do not wear the mask with the white or light color facing outward.
- Reusable sewn masks should be placed into a clean plastic bag or other container after use and taken home for regular washing at 60°C/140°C (hot cycle) with laundry detergent, and then dried completely using a medium to high heat setting.

Find a video explaining and showing the process here: https://www.youtube.com/watch?v=qilLP_UnaHg

Stay healthy and safe!

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