

HOW TO WEAR A FACE MASK CORRECTLY



- 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.