

How to Wear a Mask

COVID-19 Safety

1 Prior to putting on your mask, follow property hand washing techniques or use hand sanitizer. Then check mask for defects, tears, etc.



2 Position the colored side of the mask outward.

3 Adjusting your mask.
Masks with ear loops, hold the mask by the loops placing one over each ear.

Masks with ties, hold the mask by the upper strings and tie them securely at the crown of your head. Tie the second set of strings securely at the nape of your neck.

Masks with dual elastic bands, hold the mask by the bottom band pulling it over your head positioning it at the nape of your neck. Second pull the top band over your head positioning it at the crown of your head.

4 Make sure the mask is covering both your nose and mouth so that the bottom edge is under your chin. Be sure that the mask fits snugly, position so that there are no gaps.

If present, mold the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.

5 Once in position avoid touching your face or mask.



6 Replace with a new mask if it gets soiled or damp. Remove mask by strings to avoid touching the covering. Clean hands with soap and water or hand sanitizer following the removal of the mask.

