

# HOW TO APPLY A MASK

1



**ALWAYS WASH YOUR HANDS WITH HAND SANTIZIER OR SOAP AND WATER BEFORE PUTTING ON AND REMOVING A MASK.**

2



**MAKE SURE THE MASK IS COMPLETELY COVERING YOUR NOSE, MOUTH, AND CHIN, WITH THE COLOURED SIDE FACING OUT.**

3



**PINCH THE MASK AT THE BRIDGE OF YOUR OF YOUR NOSE TO KEEP IT SECURE.**

4



**TO REMOVE A USED MASK, HOLD ONLY THE EAR LOOPS AND LIFT AWAY FROM YOUR FACE.**

5



**CHANGE AND DISPOSE OF YOUR MASK IF IT BECOMES SOLIED OR WET.**

6



**WASH YOUR HANDS WITH HAND SANTIZIER OR SOAP AND WATER AFTER DISPOSING THE USED MASK IN A DESIGNATED PPE TRASH CAN.**