

# How to safely put on, take off and reapply a mask

## How do I put on my mask?



1. Perform hand hygiene with soap and water or an alcohol-based hand sanitizer.



2. Without touching the front of your mask, stretch the bands around your ears or secure the ties around your head.



3. Cover the area from the bridge of your nose to under your chin, and fit the face covering snugly but comfortably against the side of your face. Make sure you can breathe without restriction.



4. Wash your hands with soap and water or hand gel (if soap and water aren't available).

## How do I take off my mask?



1. Perform hand hygiene with soap and water or an alcohol-based hand sanitizer.



2. Grab ear loops or ties and carefully remove the mask. Do not touch the front of the mask.



3. Store mask carefully to avoid contamination to other surfaces.



4. Perform hand hygiene with soap and water or an alcohol-based hand rub.

## After you have finished eating or drinking, take the following steps to reapply the mask



1. Perform hand hygiene with soap and water or an alcohol-based hand sanitizer.



2. Remove mask carefully from storage and don mask, ensuring clean side is to your face, taking care to avoid touching face or eyes.



3. Perform hand hygiene with soap and water or an alcohol-based hand sanitizer.

## Important notes about wearing a mask:

- Wash your hands each time you put on and take off the mask.
- Avoid touching the front of your mask while you're wearing it. If you do, wash your hands.
- Do NOT pull the mask down to expose your nose or mouth. Adjust the mask using the ties on your head or cords around your ears.