



How to put on a face mask

- Clean your hands with soap and water or hand sanitizer before touching the mask
- Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose
- Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face
- Face Mask with Ear loops: Hold the mask by the ear loops. Place a loop around each ear
- Mold or pinch the stiff edge to the shape of your nose
- Pull the bottom of the mask over your mouth and chin



How to remove a face mask

- Clean your hands with soap and water or hand sanitizer before touching the mask
- Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops/ties/band
- Face Mask with Ear loops: Hold both of the ear loops and gently lift and remove the mask
- Dispose of mask carefully
- Clean your hands with soap and water or hand sanitizer