





How to apply (don) a mask

<p>STEP 1:</p>  <p>Perform hand hygiene prior to masking. Place mask on face with the colored side facing out and the stiff, bendable edge at the top of your nose. Put your fingers through the ear loops and position the mask over your nose and mouth. Place ear loops securely around the ears.</p>	<p>STEP 2:</p>  <p>Pull the mask from the top and bottom to fully open the folds of the mask and adjust the mask around the face.</p>
<p>STEP 3:</p>  <p>Once the mask is in place, use your index finger and thumb to gently form the bendable top edge of the mask around the bridge of your nose.</p>	<p>STEP 4:</p>  <p>Make sure the mask is secure and covers your nose and mouth so that the bottom edge is under your chin. Perform hand hygiene after putting on mask.</p>

How to remove (doff) and reapply (don) a mask

Steps to Remove your Mask	Steps to Re-Apply your Mask
1. Clean your hands	1. Clean your hands
2. Avoid touching the front of the mask	2. Avoid touching the front of the mask
3. Remove using elastic bands, loops or ties	3. Apply elastic bands, loops or ties
4. Store in a clean, dry location that is labeled	4. Adjust as required
5. Clean your hands	5. Clean your hands