

# When & How to Wear a Mask

**Use a mask if you have fever, rash or cough.**

Masks are used to protect others from germs you may have. Clean your hands before putting your mask on.



## How to wear a surgical mask

**Before** putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Open mask fully to cover from **nose to below chin**. If the mask has a nose bar, pinch around your nose.



## During Use

Avoid touching the mask or your face under the mask. If the mask becomes damp, clean your hands and replace the mask.



## Removing the mask

**Clean** hands with alcohol-based hand rub or soap and water.

**Do not touch** the front of the mask. Remove using the ties or elastic loops.

**Discard** immediately in garbage can.

**Clean** hands with alcohol-based hand rub or soap and water.

**Never** reuse masks.