How to safely wear and store your mask to protect yourself and your community

WEARING YOUR MASK

DO clean your hands & put on your facemask so it fully covers your nose & mouth.

DON'T wear your mask under your nose or mouth - you won't get the protection you need and you might breathe in the germs that have collected on the mask.

DO clean your hands & put on your N95*. Put the lower strap on first below your ears & the upper strap above your ears. Don't cross the straps.

DON'T put a facemask on under your N95.

DON'T allow a strap to hang down.

REMOVING AND STORING YOUR MASK

DO leave patient care area, then clean your hands with alcohol-based sanitizer or soap & water.

DON'T touch your mask while using it or removing it.

DO remove your facemask touching ONLY the straps.

DON'T store your mask on your head.

DO remove your N95 touching ONLY the straps. Remove the bottom strap first, and then the top strap.

DON'T store your mask around your neck

DO discard your mask & clean your hands. Or if you must store your mask, place it in a bag with your name on it.

DON'T store your mask in your pocket.

* N95 respirators should be used by staff who have been fit tested

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