How to Put on a Mask

Clean your hands and wear a mask to prevent others from getting sick.

1. Clean your hands before touching the mask.

2. Check that the bendable strip is at the top. The white side should be facing you.

3. Hold the mask by the ear loops
4. Place each loop around each ear.

Clean your hands after putting on your mask.

Change your mask every day, or if it gets wet or dirty.
5. Gently pinch the stiff edge on the top of the mask around your nose.

6. Pull the bottom of the mask over your chin.

7. Clean your hands after putting on your mask.

Change your mask every day, or if it gets wet or dirty.

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