Steps for Safe Use of Any Mask

Whether your mask is cloth or paper, uses ear loops or ties – use these steps to safely put on and take off your mask.

**Putting Your Mask On**

1. Wash hands or use hand sanitizer!
2. Place loops around ears or tie properly around back of head and nape of neck.
3. Ensure mask covers nose, mouth, and extends under chin. It should be a snug fit.
4. Position mask over the bridge of your nose and begin fitting it to your face by pressing down on the metal nose piece - don’t pinch.
5. Check for snug fit (especially if using accessories to hold mask). Also, ensure you are able to breathe easily while wearing the mask.
6. If you are reusing a mask, getting it to fit well may require you to touch the front. Remember to perform hand hygiene after getting your mask in place.

**Taking Your Mask Off**

1. Wash hands or use hand sanitizer!
2. Don’t touch eyes, nose, or mouth during removal.
3. Remove mask using ties or loops only.
4. If reusing masks, place in a breathable container for future use.
5. Place cloth masks in washing machine or dispose of paper masks in trash.
6. Wash hands or use hand sanitizer!