

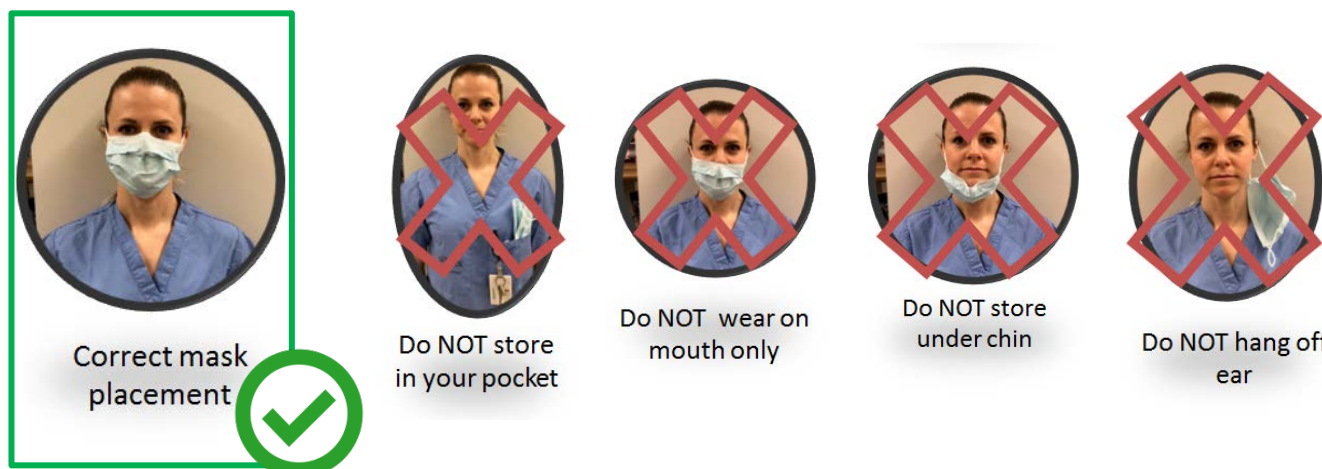
When and How to Wear a Mask

Recommendations for Non-Clinical Areas

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly. If you need to wear a mask, you should also be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer. You must wear a mask in clinical areas at all times or when you cannot maintain a safe physical distance in a non-clinical area.

How to wear a mask:

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.



How to remove your mask:

- Do not touch the front of your mask to remove it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
- Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

More information about masks:

- When a mask becomes damp or humid, replace it with a new mask.
- If you are removing your mask while going on break, wear your mask to your destination, then remove it as described above. Place the mask with the outside edge facing down onto a clean surface, such as a tissue or paper towel.
- Do not wear your mask in any way other than the intended use. For example, do not wear your mask without covering your nose, under your chin, hanging off your ear, or in your pocket.