WEARING MASKS
– DO IT RIGHT

The disposable surgical mask is usually worn by sick people to protect others from cough, sneeze and other body fluid droplets. Surgical masks should be thrown away each day or after each visit to health care providers. Wear a cloth mask when going out in public during social distancing, to protect yourself and others from asymptomatic carriers.

DONNING OR PUTTING ON THE MASK

1. **Wash your hands** with soap and water for at least 20 seconds.
2. **Dry your hands** with a clean paper towel and throw the paper towel away.
3. **Check surgical masks** for any defects and throw away defective masks.
4. **Put one loop around each ear or tie the upper ties behind your head with a bow.**
5. **Pinch the bendable top edge of the mask around the bridge of your nose.**
6. **Tie the lower ties behind your head with a bow.**
7. **Make sure the mask covers your nose and mouth so that the bottom edge is under your chin.**
8. **Place mask on your face.** If mask has a bendable edge, put it on your nose.
9. **Don’t touch the part of the mask covering the nose and mouth, it may be contaminated.**
10. **Untie or remove the ear loops and remove the mask by the straps.**

DOFFING OR REMOVING THE MASK

1. **Wash your hands before removing the mask.**
2. **Wash surgical masks away after intended use (at hospital/clinic).**
3. **Throw cloth masks in a laundry bag in hot water, & fully dry on medium/high heat.**
4. **Wash cloth masks in a laundry bag in hot water, & fully dry on medium/high heat.**
5. **Wash your hands.**
6. **Check surgical masks for any defects and throw away defective masks.**
7. **Pinch the bendable top edge of the mask around the bridge of your nose.**
8. **Tie the lower ties behind your head with a bow.**
9. **Make sure the mask covers your nose and mouth so that the bottom edge is under your chin.**
10. **Don’t touch the part of the mask covering the nose and mouth, it may be contaminated.**
11. **Untie or remove the ear loops and remove the mask by the straps.**
12. **Wash your hands.**