

HOW TO PUT ON A FACE COVERING/MASK



1 Clean your hands with soap and water or hand sanitizer.



2 Hold the face covering/mask by the ear loops and place a loop around each ear.



3 Mold or pinch the stiff edge to the shape of your nose.



4 Pull the bottom of the face covering/mask over your mouth and chin.



5 Avoid touching the front of the face covering/mask when wearing.

HOW TO REMOVE A FACE COVERING/MASK



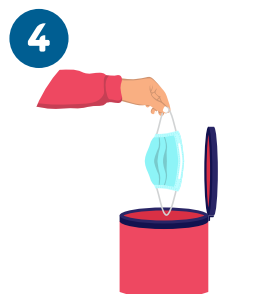
1 Clean your hands with soap and water or hand sanitizer.



2 Avoid touching the front of the face covering/mask. Only touch the ear loops.



3 Hold both of the ear loops and gently lift and remove the face covering/mask.



4 Throw the mask in the trash or put face covering away in a safe place.



5 Clean your hands with soap and water or hand sanitizer.

**For more information, call 1-800-660-5853
or visit www.healthunit.org**