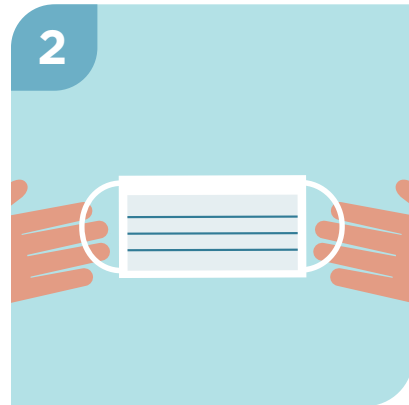# COVID-19 & MASKS

Masks play an important role in the safety of our community when two metre physical distancing is difficult.

Putting on a disposable mask:

1 Clean your hands with soap and water or hand sanitizer before touching the mask.

2 Pick up the mask using the ear loops only, careful to avoid touching the front of the mask. Inspect for tears or holes and discard if damaged.

3 Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.

4 Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.

5 Hold the mask by the ear loops. Place a loop around each ear.

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

7 Pull the bottom of the mask over your mouth and chin. Masks should fit snugly, with no gaping.

Avoid moving the mask around or adjusting it often. The mask can become contaminated on the outside or when touched by hands.

Taking off a disposable mask:

1 Clean your hands with soap and water or hand sanitizer before touching the mask.

2 Remove the mask, avoiding touching the front of the mask. **The front of the mask is contaminated.** Only touch the ear loops/ties/band.

3 Discard masks that cannot be washed in a plastic-lined garbage bin.

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