

## Frequency

### Special Directions

Follow these best practices to put ON and REMOVE a face mask.

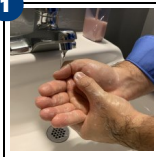
### Link to Training Video



Scan the QR code or press the link to see the training video.

<https://bit.ly/3DI625U>

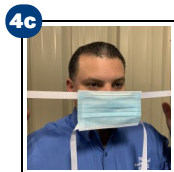
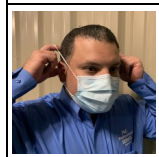
### How to Put ON a Face Mask

**1**  Sanitize or wash hands before touching face mask.

**2**  Inspect the mask for cleanliness and obvious tears or holes in either side of the mask.

**3**  Determine the top and front of the mask.

**NOTE:** Follow the instructions below based on the type of face mask you are using.



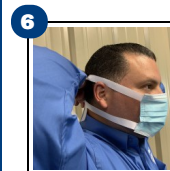
**Face Mask with Bands:** Hold the mask in your hand with the nosepiece at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the rear top of your head. Pull the bottom strap over your head so that it rests on your neck.

**Face Mask with Ear Loops:** Hold the mask by the ear loops. Place a loop around each ear.

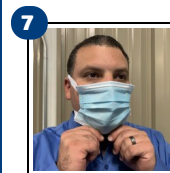
**Face Mask with Ties:** Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.



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



If using a face mask with ties: Tie bottom ties with a bow on your neck.

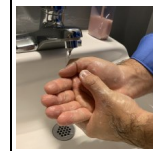


Pull the bottom of the mask over your mouth and chin.

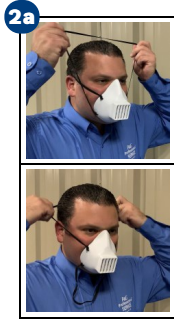
### How to Remove a Face Mask



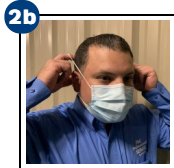
Sanitize or wash hands before touching face mask.



**NOTE:** Follow the instructions below based on the type of face mask you are using.



**2a** **Face Mask with Bands:** Lift the bottom strap over your head first then pull the top strap over your head.



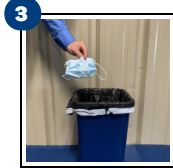
**2b** **Face Mask with Ear Loops:** Hold both ear loops and gently lift and remove the mask.



**2c** **Face Mask with Ties:** Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.



**3** Sanitize or wash hands.



**3** DO NOT re-use single use mask. Discard and dispose of single use mask after each use.

**NOTE:** Extended use and limited reuse of N95 filtering facepiece respirators can be done in a healthcare setting per CDC guidelines.



**4** Wash and dry cotton masks thoroughly prior to re-use.

## Face Mask – Best Practices



**1** Replace mask with a new clean/dry mask as soon as it becomes damp/humid.

**2** Do not touch the front of the mask.