How to wear a mask safely

Putting on your mask

Clean your hands for at least 15 seconds

Pick up the mask by the ear loops

Place the mask on your face by putting the loops around your ears

The mask needs to cover both your nose and chin
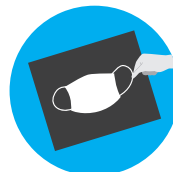
Removing your mask safely

Please reuse your mask for as long as possible

Clean your hands for at least 15 seconds

Remove the mask by the ear loops only

Place the mask on a clean surface or a paper towel with the inside facing upwards (white side facing up)

Clean your hands for at least 15 seconds

Reusing and throwing out your mask

Pick up the mask from the clean surface by the ear loops

Adjust the mask to your face as shown above

Clean your hands for at least 15 seconds

When throwing out your mask, use the ear loops to put it in the garbage and clean your hands again

Sinai Health

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