### 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 thanks Holland Bloorview Rehabilitation Hospital for permission to adapt its original work.