

How to put on, use, take off and dispose of a mask

- » Before putting on a mask, **clean hands with alcohol-based hand rub or soap and water**
- » Cover mouth and nose with mask and **make sure there are no gaps between your face and the mask**
- » **Avoid touching the mask while using it**; if you do, clean your hands with alcohol-based hand rub or soap and water
- » **Replace the mask with a new one as soon as it is damp and do not re-use single-use masks**
- » To remove the mask: **remove it from behind** (do not touch the front of the mask); **discard immediately in a closed bin**; **clean hands** with alcohol-based hand rub or soap and water

Source: World Health Organization 03/2020

844.988.7800

Call our **24/7 COVID-19 hotline**
if you have fever, cough, or concerns about exposure

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