

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 mask if it becomes visibly soiled or damp**
- » To remove the mask: **remove it from behind** (do not touch the front of the mask); **clean hands** with alcohol-based hand rub or soap and water
- » If you are using a fabric mask, please use the same guidelines to put on and remove mask. Take fabric mask home at end of shift and launder prior to returning for next shift.

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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