

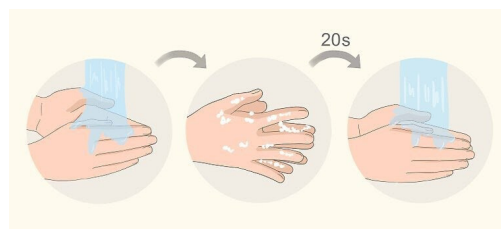
If you are sick with flu-like symptoms please wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.

Below are the steps to wear an effective medical mask.

Step 1: Wash your hands!

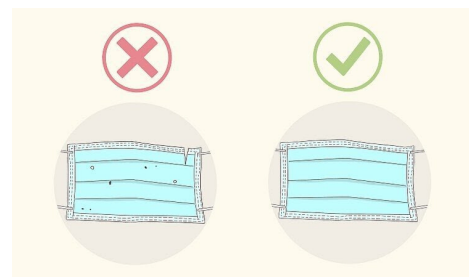
Before touching a clean medical mask, wash your hands thoroughly with both soap and water.

- Wet your hands,
- Add soap and
- Scrub for 20 seconds.
- Rinse and dry with clean towel



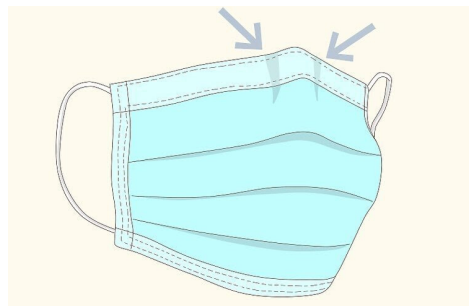
Step 2: Check the medical mask for defects.

- Take a new (unused) medical mask from the box
- Ensure it doesn't contain any defects, holes or tears in the material.
 - If the mask has defects, throw it away & select another new (unused) mask from the box



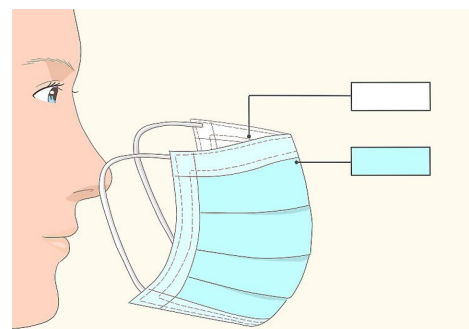
Step 3: Orient the top of the mask properly.

In order for the mask to fit as close to your skin as possible, the top portion of the mask will have a bendable, but stiff, edge that can be moulded around your nose. Ensure this bendable side is facing upwards before applying the mask to your face.



Step 4: Ensure the proper side of the mask faces outwards.

The inside of most medical masks are white in colour, while the outside has a colour of some sort. Before applying the mask to your face, make sure the white side of the mask is facing towards your face.



Step 5: Placing the mask on your face. There are many types of medical masks available, each with different methods of attaching the mask to your head.



Ear Loops — Some masks have 2 ear loops on either side of the mask. These loops are normally made of an elastic material so they can be stretched. Pick up this type of mask by the loops, put 1 loop around one ear and then put the other loop around your other ear.



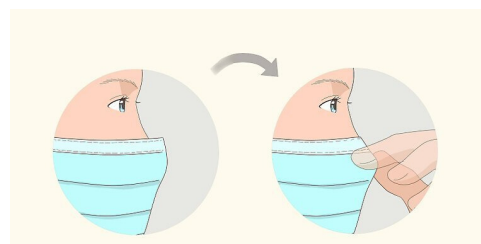
Ties or Straps — Some masks come with pieces of fabric that are tied around the back of your head. Most masks with ties come with an upper and lower ties or straps. Pick up the mask by the upper ties, place the ties around the back of your head and attach them together with a bow.



Bands — Some masks come with 2 elastic bands that are placed over and around the back of your head (as opposed to around your ears). Hold the mask in front of your face, pull the top band over the top of your head and place it around the crown of your head. Then pull the bottom band over the top of your head and place it at the base of your skull.

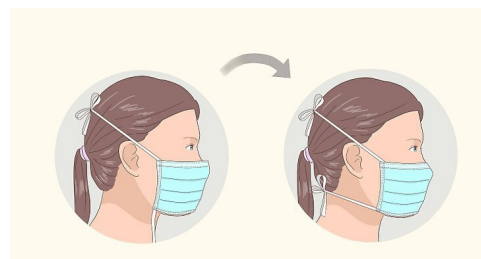
Step 6: Adjust the nose piece.

Now that the medical mask is in place on your head and face, use your index finger and thumb to pinch the bendable portion of the top edge of the mask around the bridge of your nose



Step 7: Tie the lower band of the mask if needed.

If you're using a mask with bands that tie on the top and bottom, you can now tie the bottom band around the base of your skull. Because adjusting the bendable nose piece can impact the fit of the mask, it is best to wait until after the nose piece is in place before tying the bottom straps.



- If you've already tied the bottom straps, you may need to re-tie them tighter if needed.

Step 8: Fit the mask to your face and under your chin.

Once the mask is completely secured, adjust it to ensure it covers your face and mouth, and so the bottom edge is under your chin.

