

How to put a *Face Mask* on ?

With Ear loops



With Ties



1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Remove a mask from the protective packaging, check the mask (no tears or holes in either side of the mask).
3. Determine which side of the mask is the top. The aluminium nose bridge goes on the top.
4. Determine which side of the mask is the front (shiny side = outer facing side / soft side = inner facing side).
5. Follow the instructions below for the type of mask you are using.
 - a. *Face Mask with Ear loops*: Hold the mask by the ear loops. Place a loop around each ear.
 - b. *Face Mask with Ties*: Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
6. Mold or pinch the aluminium nose bridge to the shape of your nose.
7. If using a *Face Mask with Ties*: then take the bottom ties one in each hand, and secure with a bow at the nape of your neck.
8. Pull the bottom of the mask over your mouth and chin.

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