HOW TO PROPERLY WEAR A MASK

YES! ✓

1 Clean your hands with soap and water or hand sanitizer.

2 Hold the mask by the ear loops and place a loop around each ear.

3 Mold (pinch stiff edge if available) to the shape of your nose.

4 Pull the bottom of the mask over your mouth and chin.

5 Avoid touching the front of the mask when wearing.

HOW TO PROPERLY REMOVE A MASK

REMOVE OUTSIDE OF THE FACILITY & PRACTICING PHYSICAL DISTANCING

1 Clean your hands with soap and water or hand sanitizer.

2 Avoid touching the front of the mask only the ear loops.

3 Hold both of the ear loops and gently lift and remove the mask.

4 Throw disposable mask in trash or place used mask in a ziploc bag.

5 Clean your hands with soap and water or hand sanitizer.

U.S. ARMY MWR