

HOW TO

# Wear a Face Mask

## PUTTING IT ON



**Hold** the mask by the ear loops.



**Place** the shiny side to face. The color seam at the bottom should be near your chin.



**Loop** the loops over your ears. **Adjust** to cover your nose and mouth.

## TAKING IT OFF



**Hold** the mask by the ear loops, and avoid touching the mask or your face.



**Remove** the loops from your ears.



**Wash** your mask. Always wash it after every use. **Wash** your hands again.