MASKS: KEY TIPS FOR WEAR AND DISPOSAL

YOUR MASK IS ON - NOW WHAT?

1 KEEP IT COVERING MOUTH AND NOSE

Avoid re-adjusting the mask or lowering it to speak, eat, or talk on the phone...



2 LEAVE IT ON

Until you are told to remove it, or it is safe to take it off.



TAKING THE MASK OFF:

1 STAND OVER A LINED GARBAGE
Stand over a covered garbage can lined with a plastic bag.



2 REMOVE THE MASK

Touch *only* the elastics when you remove the mask. Lift the elastics *over your ears.* Pull the mask downward and away from your face.



3 DROP DIRECTLY INTO GARBAGE

Do not crumple or fold it up.



4 CLEAN YOUR HANDS

With soap and water or hand sanitizer for at least 20 seconds.

