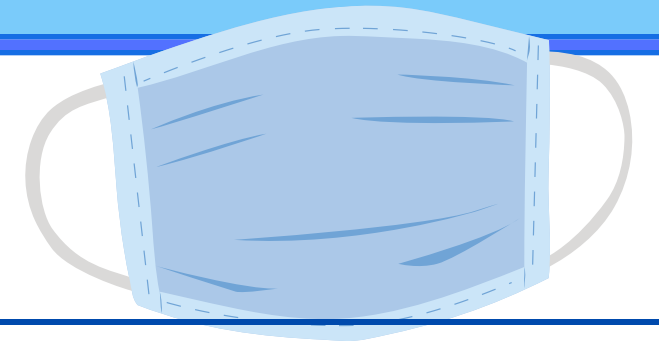


The Do's and Don'ts of Wearing Surgical Masks

Do's



- Wash hands **before touching the mask and after removing the mask**
- Check mask before wearing to ensure there are **no defects**
- Use ear loops or ties to put on or take off mask
- Tie **top ties first before bottom ties** of medical mask
- Tie bottom ties at nape of neck
- Ensure mask is **fitted properly with no space on the sides** of your face
- **Keep mask away from you** or surfaces while removing it
- Properly dispose of the mask by touching only the ear loop or ties
- Perform **hand hygiene** after

Don't

- **Don't leave your mask within reach** of others (e.g. young children)
- **Don't pull down the mask under the chin**
- **Don't leave mask hanging off one ear** or hanging around your neck
- **Don't wear the mask over only your mouth or nose**
- **Don't remove your mask to talk to someone**
- **Don't reapply mask after eating.**
- **Don't touch the front of the mask**, get a new mask as it is contaminated after use
- **Don't crisscross ties**
- **Don't wear if wet or soiled**; get a new mask
- **Never reuse a medical face mask**

SOURCE: CDC.GOV, WHO

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