

How to put on and remove a disposable face mask

Disposable face masks should be used once and then thrown in the trash. Remove and replace masks when they become damp or wet. They are no longer effective when damp or wet.

How to put on a face mask

- Wash your hands with soap and water before touching the mask. If water is not available, use an alcohol-based hand sanitizer.
- Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask. Only handle the mask by the ties, loops, or bands.
- Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
- Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
- Follow the instructions below for the type of mask you are using.
 - Face mask with ear loops: Hold the mask by the ear loops. Place a loop around each ear.
 - Face mask with ties: Bring the mask to your nose level and place the ties over the crown of your head and tie a bow. Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.
 - Face mask with bands: Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
- Mold or pinch the stiff edge to the shape of your nose.
- Pull the bottom of the mask over your mouth and under your chin.
- Your mouth, nose, and chin should be covered by the mask.
- The mask should be snug against your face with no gaps.

How to remove a face mask

- Wash your hands with soap and water, or use hand sanitizer, before removing the mask. Avoid touching the front of the mask. The front of the mask is considered dirty. Only touch the ear loops/ties/bands.
- Throw the mask in the trash.
- Wash your hands with soap and water again, or if water is not available, use an alcohol-based hand sanitizer.