

How to Wear a Surgical Mask

Staff and visitors must wear a mask at all times



WASH YOUR HANDS BEFORE WEARING A MASK

OR USE ALCOHOL-BASED HAND RUB WITH 70-90% ALCOHOL CONCENTRATION



ENSURE THE COLOURED SIDE OF THE MASK FACES OUTWARDS



LOCATE THE METAL BAND AND PLACE IT ON THE NOSE BRIDGE



SECURE THE ELASTIC LOOPS OVER YOUR EARS

IF USING A MASK WITH TIES, SECURE OVER CROWN OF HEAD FIRST, THEN NEAR NAPE OF NECK



COVER MOUTH, NOSE AND CHIN FULLY, MAKING SURE THERE ARE NO GAPS



PRESS THE METAL BAND TO FIT THE SHAPE OF THE NOSE



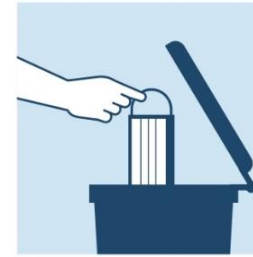
WASH YOUR HANDS BEFORE REMOVING MASK

OR USE ALCOHOL-BASED HAND RUB WITH 70-90% ALCOHOL CONCENTRATION



REMOVE THE MASK FROM BEHIND BY ONLY HOLDING THE EAR LOOPS

IF USING A MASK WITH TIES, REMOVE THE BOTTOM TIE FIRST, THEN THE TOP TIE



DISPOSE THE MASK IN THE GARBAGE

IF BEING REUSED, STORE IN A PAPER BAG



WASH YOUR HANDS

OR USE ALCOHOL-BASED HAND RUB WITH 70-90% ALCOHOL CONCENTRATION



SURGICAL MASK PLACED CORRECTLY

DO NOT PULL MASK UNDER YOUR CHIN OR ON TO YOUR NECK; DO NOT HANG MASK FROM YOUR EAR



DO NOT TOUCH THE MASK WHILE WEARING IT, IF YOU DO WASH YOUR HANDS



REPLACE THE MASK IF IT GETS DAMP AND DO NOT REUSE IT

For universal masking and conservation of PPE:

REPLACE MASK IF IT GETS VISIBLY SOILED, WET, DAMAGED, DIFFICULT TO BREATHE THROUGH, MADE CONTACT WITH A RESIDENT, OR WAS USED WITH A RESIDENT (OR A COHORT OF RESIDENTS) ON CONTACT/DROPLET PRECAUTIONS

To protect yourself, please practice physical distancing and wear additional PPE when indicated