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

2. Stand over a lined garbage
   Stand over a covered garbage can lined with a plastic bag.

3. 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.

4. Drop directly into garbage
   Do not crumple or fold it up.

5. Clean your hands
   With soap and water or hand sanitizer for at least 20 seconds.