

# Steps to Put on and Remove a Face Mask



**1**

With clean hands, pull the mask to your face, grasping only the ear loops.



**2**

Place loops of mask over each ear.



**3**

Bend the nose bar over the bridge of the nose. Ensure a snug fit under the chin.



**4**

To remove your mask, carefully grasp the ear loops and remove from your ears.



**5**

Slowly pull mask from your face. Do not touch the front of the mask.



**6**

Store mask in a bag for storage or disposal. Clean hands.

Source : Public Health Ontario



Renfrew County and District Health Unit  
*"Optimal Health for All in Renfrew County and District"*