


# Taking off your **mask** to eat or go outside?

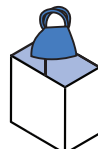



## 5 QUICK & EASY STEPS

1 Clean your hands first. 

2 Take the mask off using the ear loops. 

3 Fold in half with the outer side facing in. 

4 Put in a clean plastic bag or container. 

5 Clean your hands again. 

Putting it back on? Clean your hands first.  
Damp or dirty? Put on a clean one.