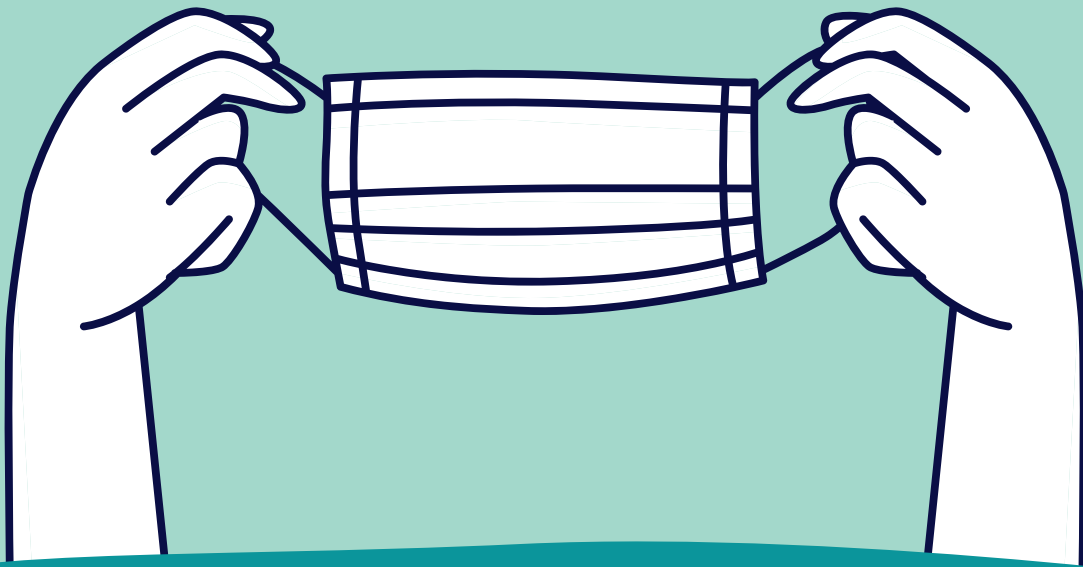# How to Safely Wear a Medical Mask

Protect yourself and others with proper mask handling.

Do's

✓ Perform hand hygiene before and after handling your mask

✓ Remove mask by grabbing the ear loops

✓ Make sure that the coloured side is facing outwards

✓ Form the metal piece/stiff edge to fit smoothly over your nose

✓ Cover your mouth, nose, and chin ensuring proper fit

Thunder Bay District Health Unit