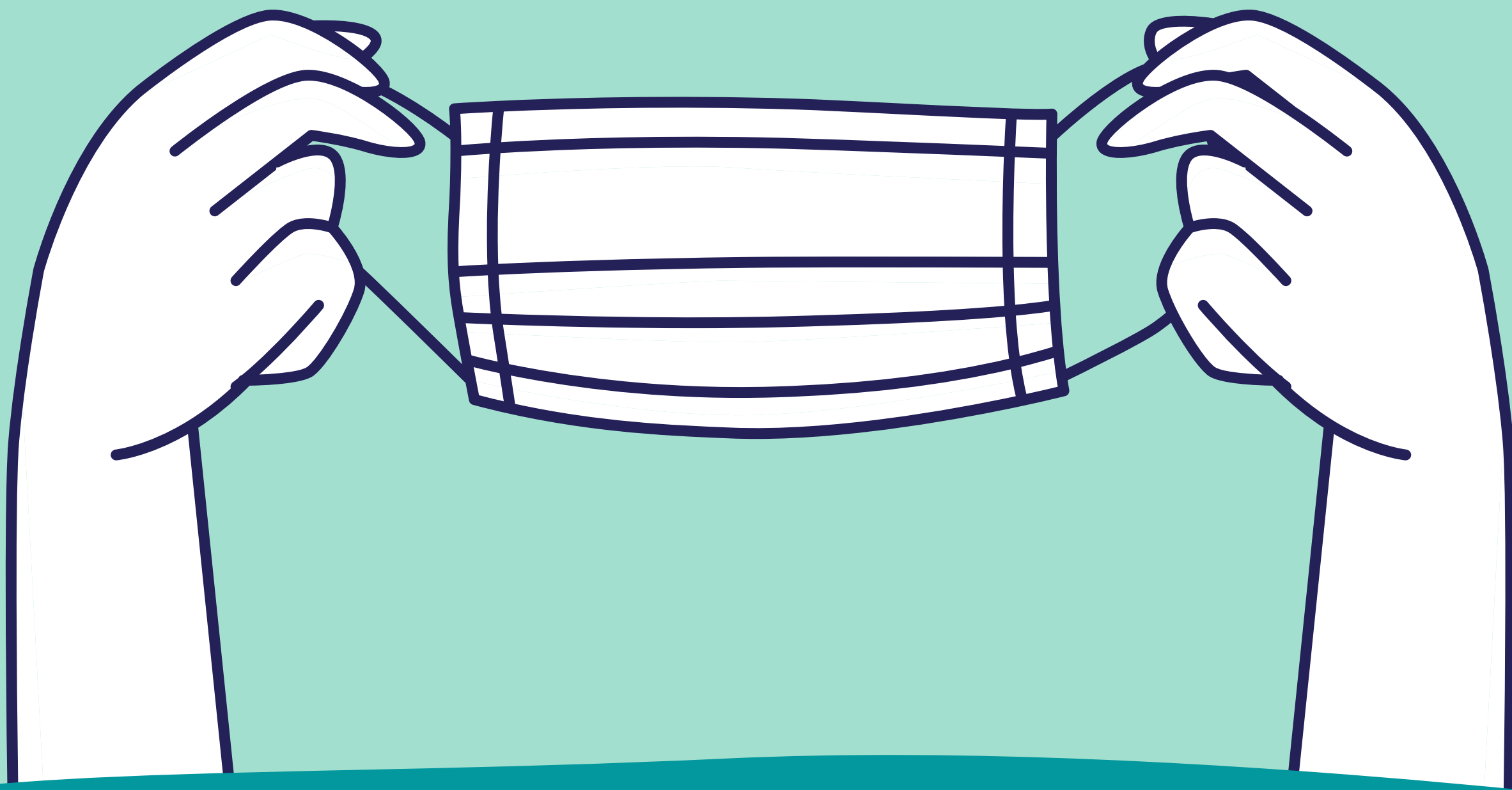# How to Safely Wear a Medical Mask

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

Face Mask Recommended

Masks are not required but we encourage their use

Thunder Bay District
Health Unit

Face Mask Required

Our organization requires a mask for entrance
unless otherwise exempt - please advise if you require any exemptions

Thunder Bay District
Health Unit

Need a Face Mask?

Find one here:

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Thunder Bay District Health Unit