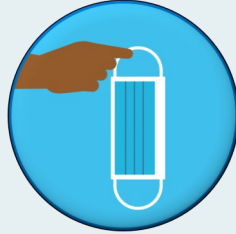


# How to Wear a Face Mask Properly

FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK



Wash your hands before and after touching the mask.



Touch only the bands or ties when putting on and taking off your mask.



Make sure the mask fits to cover your nose, mouth and chin.



Make sure you can breathe and talk comfortably through your mask.



Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.

AVOID THESE COMMON MISTAKES WHEN WEARING MASK



Don't touch your mask while it is being worn.



Don't wear the mask under your chin with your nose and mouth exposed.



Don't leave your nose or mouth uncovered.



Don't remove the mask while around others in public.



Don't share your mask with family members or friends.



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OFFICE OF THE PROVINCIAL DIRECTOR OF HEALTH SERVICES - WESTERN PROVINCE

