

How to properly wear a mask



1 Pick up your mask by its ear loops or straps.



2 Without touching the inside of your mask, place a loop around each ear or tie straps behind your head.



3 Mold the top edge to the shape of your nose, if possible.



4 Pull the bottom of the mask over your mouth and chin.



Wearing your mask the right way is just as important as wearing it.

We must all do our part to reduce the spread of germs and protect our patients, our families and each other. **Mask Up!**