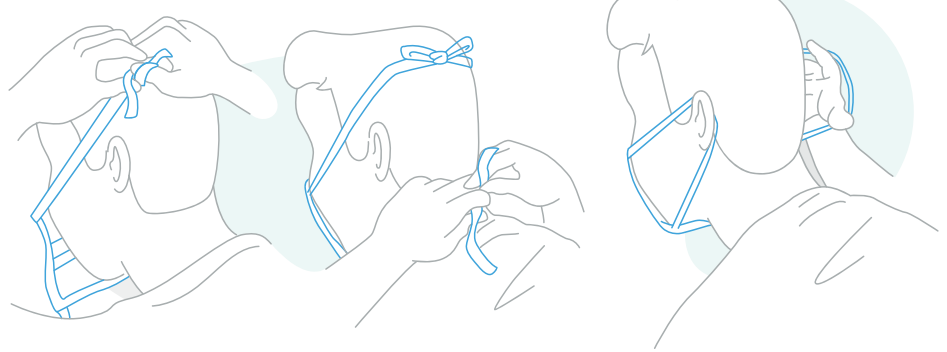
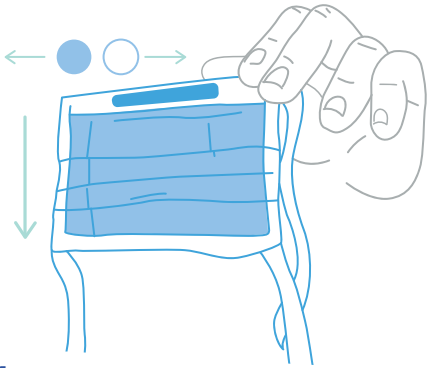


# How to Put on and Remove Face Coverings and Masks

(including fluid-resistant face masks)

## How to Put on Face Coverings and Masks

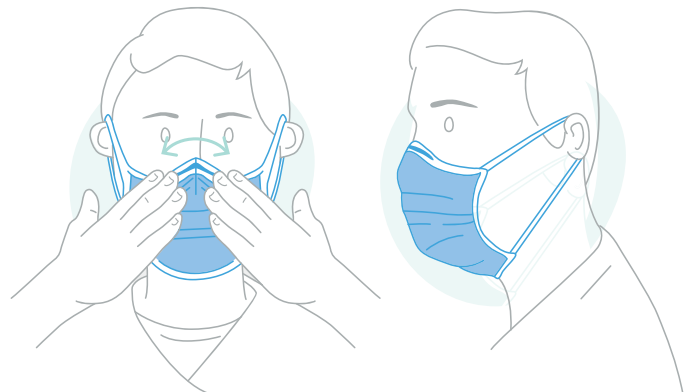


**1.** If wearing a fluid-resistant face mask, the coloured side should be outward and the white side should be inward. The pleats on the coloured side should face downward, while the pleats on the white side should face upward.

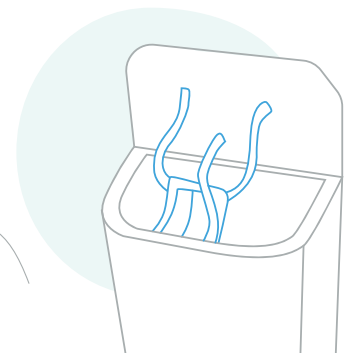
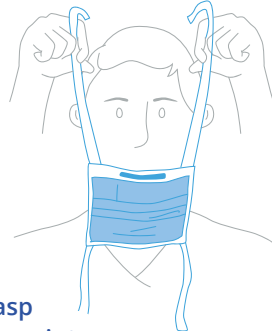
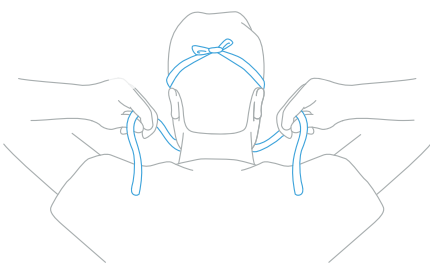
**2.** If it has strings, move the mask towards your face and pull the top strings behind onto the crown of your head. Secure the string with a butterfly knot. Pull the bottom string behind your head at the nape (top) of the neck and secure with a butterfly knot.

**3.** Ensure that it is stretched over the chin and fits snug over the face. If using a fluid-resistant face mask, press down around the metallic strip at the top so it is securely over the bridge of your nose. Use both your hands rather than pinching with one.

**Note:** prescription glasses must be hygienically removed before donning the mask and returned onto the face after donning it.



## How to Remove Face Coverings and Masks



**1.** Don't touch the face piece or grasp it to remove it from your face at any point.

**2.** Untie the bottom butterfly bow first. Untie the top butterfly bow and use it to pull the covering or mask away from your face. If it has a singular elastic loop strap on either side, grasp them from the ends nearest to your ears and pull away from your face, being careful not to touch your face or the covering or mask.

**3.** Dispose of it or store it in accordance with your workplace procedures. Perform hand hygiene if this is the last piece of PPE you're removing or you are changing the covering or mask.

