How to Safely Wear a Mask

To put your mask on:



Wash or sanitize your hands for at least 15 seconds



Hold the mask by the ear loops



Put the mask on your face by securing the loops around your ears



Make sure the mask is covering your nose and chin



Wash or sanitize your hands for **at least 15 seconds**

Taking your mask off:



Take the mask off, touching only the ear loops



Place the mask on a clean surface, with the inside of the mask facing up



Wash or sanitize your hands for **at least 15 seconds**

Reusing your mask:



Pick up the mask, touching only the ear loops



Put the mask on, making sure it is **covering your nose and chin**

Throwing out your mask:



When throwing the mask out, **touch only the ear loops** to place it in the garbage



Wash or sanitize your hands for at least 15 seconds



Trillium Health Partners thanks Holland Bloorview Rehabilitation Hospital and Sinai Health for permission to adapt their original work