

How to put on & take off a **NEW** surgical mask



Put on:

- 1 Sanitize hands
- 2 Using the ear loops, place mask on over ears
- 3 Secure by pinching nose
- 4 Push down on the top; pull mask down to cover chin

Take off:

- 1 Sanitize hands
- 2 Lean forward and using the ear loops, remove mask
- 3 Take off mask, remembering front is dirty
- 4 Dispose of mask properly



NORTH COUNTRY
HealthCare

Watch our COVID-19
training videos now!
View QR code using your
phone's camera.



SCAN ME