

# Putting on a face mask

## 1. Wash your hands



## 2. Dry your hands



Reach forward. Grasp the towel. Rub the insides of your hands against the towel. Rub the outside of your hands against the towel. Reach forward, holding the towel. Put the towel back on the hook / hanger.

## 3. Pick up the mask on the straps / bands



Reach forward. Put your index finger through the bands / straps of the mask and pick it up on the bands. Put one band over your left index finger. Reach over and put the other band over your right index finger.

## 4. Make sure the inside is facing your face



Lift up your hands, holding the mask, to chest level. Look down at the mask. Make sure that you are looking at the inside section of the mask.

**5. Hold the mask against your face (nose and mouth area)**



Lift both hands up while holding the mask. Lift them up so that the mask is against your face (nose and mouth area) with one hand on either side of your face. Pointing your index fingers will help to keep the elastic bands in place.

**6. Put one loop around the one ear / other loop around the other ear**



Take your right finger and reach towards your ear. Put the right band around your right ear. Keep holding the other side of the mask with your left hand. Reach with your left finger towards your left ear. Put the left band around your left ear.

**7. Adjust nose piece**



Reach your hands up towards your nose. Point both of your index fingers and push them against the nose piece of your mask to ensure that the mask fits tightly around your nose.

**8. Fit the mask to your face. First pull the top piece slightly up over your nose. Pull the bottom piece slightly down so that it is snugly below your chin.**



Reach your hands up and push against the mask to make sure it is snug against your skin. It should cover the area from above your nose to below your chin. Reach with your right hand towards your nose. Grasp the mask gently and pull it up slightly. Reach with your right hand towards your chin. Grasp the mask gently and pull the bottom piece down slightly, so that it is snugly below your chin.

***Try to practice this at least twice a day. Don't be discouraged if you can't do it at first, just keep practicing!***