

The Proper Way to Wear a Mask

Here's how to be safe while wearing your mask.

- Get a mask and paper bag from the designated person/location in your department/practice.
- Get a replacement if your mask gets soiled, damaged or wet as per CDC guidelines.
- In-hospital Providers: Get a mask and paper bag in the unit where you are seeing your first patient.

Donning (putting on) Your Mask



1
Clean your hands every time you put on your mask.



2
Don (put on) the mask by grabbing the elastics or ties.



3
Pull the mask under your chin.



4
Pinch the mask at the bridge of your nose.



5
Clean your hands after putting on or touching your mask.

Taking off & Taking Care of Your Mask

It is recommended that you touch your mask as little as possible.

- You can safely reuse your mask with the right care, (see below) or you can dispose of your mask after every shift. Please wear your mask to and from your vehicle and department/practice.



1
Clean your hands before touching your mask.



2
Doff (remove) your mask by the elastics or ties.



3
Fold the mask in half so the outside of the mask is folded in on itself.



4
Safely store your mask in your paper bag or storage device of your choice.



5
Clean your hands when you are finished with your shift, go outside, eat, drink or use the bathroom.