

HOW TO PUT ON A SURGICAL MASK WITH TIES



- Clean your hands.
- Open the mask.
- Pull at the top and bottom to separate the folds of the mask.
- Bend the nosepiece.
- Place the mask on your face. Make sure that it covers your nose.



- Tie the mask at the crown of your head.
- Bring the top ties to the back of your head and tie in a bow.



- Tie the mask at the back of your neck.
- Bring the bottom ties to the back of your neck and tie in a bow.



- Secure the nosepiece.
- Once the mask is tied properly, press the nosepiece until it fits securely over the bridge of your nose to ensure a good seal between the mask and nose.



- Make sure the mask fits properly on your face. A good seal will reduce the amount of air that escapes from the top, bottom, or sides of the mask.

- Avoid touching mask while worn.
- Do not allow mask to dangle around the neck.

- Change as directed.
- Use only once and change if wet (masks become ineffective when wet).

How to remove the mask with ties

- Touch only the ties of the mask when removing the mask.
- Untie the bottom, then the top ties.
- Holding the ties, remove the mask from your face.
- Dispose into trash can.
- Clean your hands.