

How to Put on and Remove a Face Mask



What is a face mask?

Face masks are one tool utilized for preventing the spread of disease. They may also be called dental, isolation, laser, medical, procedure, or surgical masks. Face masks are loose-fitting masks that cover the nose and mouth, and have ear loops or ties or bands at the back of the head. There are many different brands and they come in different colors.

How to put on and remove a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.
3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
4. Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
5. *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.
6. Fit over nose and mouth and below chin.
7. Mold or pinch the stiff edge to the shape of your nose, if applicable.
8. Avoid touching the front of the mask while wearing it as it may be contaminated. Keep hands away from face.
9. Only touch the ear loops/ties/band when making minor adjustments.

Face masks should be stored to protect them from damage, contamination, excessive moisture, and damaging chemicals, and they should be stored to prevent deformation of the facepiece. You should also remove and replace masks when they become damaged or contaminated.

How to remove a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Avoid touching the front of the mask. The front of the mask may be contaminated. Only touch the ear loops/ties/band.
3. *Face Mask with Ear loops:* Hold both of the ear loops and gently lift and remove the mask.
4. Clean your hands with soap and water or hand sanitizer.

Perform hand hygiene (wash hands or use hand sanitizer) between steps if hands become contaminated and immediately after removing all personal protective equipment (PPE).