For Healthcare Workers: How to Wear a Mask

Healthcare workers providing direct patient care, working in patient care areas, or if social distancing cannot be maintained, MUST wear a surgical/procedure mask continuously, at all times and in all areas of their workplace.

**Putting on the mask**

**Before** putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Open mask fully to cover from **nose to below chin**.
If the mask has a nose bar, pinch around your nose.

**During Use**

Avoid touching the mask or your face under the mask. If the mask becomes damp or soiled, clean your hands and replace the mask.

**Keep** your mask on while providing direct patient care, while working in patient care areas, or if you cannot maintain social distance.

**Removing the mask**

**Clean** hands with alcohol-based hand rub or soap and water.

**Do not touch** the front of the mask. Remove using the ties or elastic loops.

**Discard** immediately in garbage can.

**Clean** hands with alcohol-based hand rub or soap and water.

**Never** reuse masks.