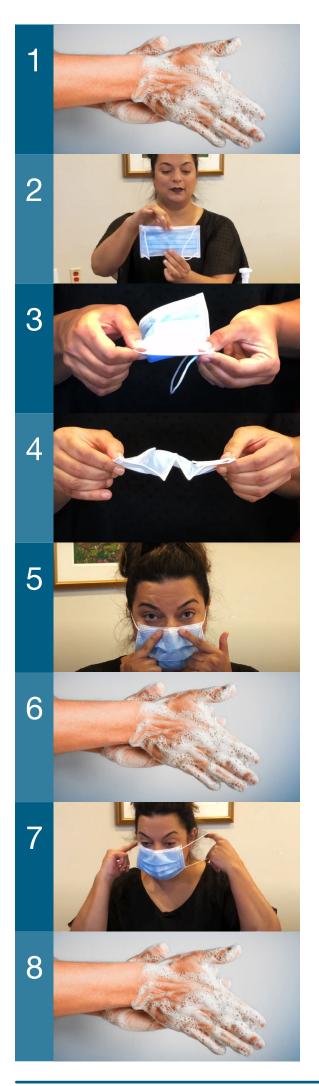
Vanch mask adjustments, donning and doffing



Clean hands before taking mask out of box.

Take mask out of the box. Pull open the pleats slightly, and keep the blue side facing outward, away from you.

Fold mask in half and give it a firm pinch along the fold. The blue side is always facing out.

Fold it again, making a W shape along one horizontal side; this will become the top of your mask, where it fits your nose.

Put on mask and position it over mouth AND nose.

To doff your mask, clean hands again.

Then pull it off from behind your ears and drop it straight into the garbage.

Complete your hand hygiene routine again, after removing your mask.

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Healthy Albertans. Healthy Communities. **Together.**

