

How to Put on a Surgical Mask and KN95 Mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Inspect the mask before each use to ensure that it is in good condition.
3. Determine which side of the mask is the top. The top side of the mask will have a stiff bendable edge that is meant to mold to the shape of your nose.
4. Determine which side of the mask is the front. The colored side of a surgical mask is usually the front and should face away from you, while the white side touches your face.
5. Follow the instructions below for the type of mask you are using.
 - **Mask with Ear Loops:** Hold the mask by the ear loops. Place a loop around each ear.
 - **Mask with Ties:** Bring the mask to your nose level and place the top ties over the crown of your head and secure with a bow.
 - **Mask with Bands:** Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
6. Mold or pinch the stiff edge to the shape of your nose.
7. If using a face mask with ties: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.
8. Pull the bottom of the mask over your mouth and chin.

How to Remove a Surgical Mask and KN95 Mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. Only touch the ear loops/ties/band. Bend slightly forward and follow the instructions below for the type of mask you are using.
 - **Mask with Ear Loops:** Hold both of the ear loops and gently lift and remove the mask.
 - **Mask with Ties:** Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
 - **Mask with Bands:** Lift the bottom strap over your head first then pull the top strap over your head.
2. Safely store in a breathable bag or dispose in a normal trash container.

How to Put on Surgical Masks with Ties



Start with colored or printed side facing out, and the nose wire at the top. Then using the thumb and fore-fingers of each hand, locate the center of the mask while feeling the nose wire. Gently form (do not pinch) the nose wire into a U shape.



Place the formed nose wire over the bridge of the nose so it extends across the upper cheekbones and form the nose wire across the face using both hands.



While holding the mask in place with one hand, grasp the bottom of the mask, separating the folds, and fit the bottom of the mask under the chin towards the neck.



Grasp the top ties (one in each hand) and pull to the crown of the head. Tie the upper ties snugly so the mask is secure and does not slip down the face.



Grasp the lower ties (one in each hand) and pull behind the neck. Tie the lower ties snugly and securely so the mask will not ride up the face.



With both hands gently reform the nose wire over the nose and cheekbones. This will insure a proper and secure fit.

How to Put on Surgical Masks with Ear Loops



With colored or printed side facing out, and the nose wire at the top, put your fingers through the earloops, position the mask over your nose and mouth. Place the earloops securely around the ears.



Pull the mask from the top and bottom to fully open the folds of the mask, and adjust the mask around the face.



Gently form (do not pinch) the nose wire over the bridge of the nose, and make any final adjustment.