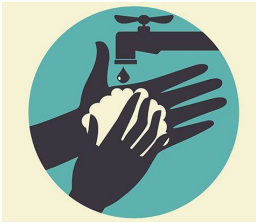# For Healthcare Workers: How to Wear a Mask

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.
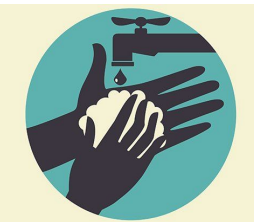
Putting on the Mask:

1. **Before** putting on a mask, clean hands with alcohol-based hand rub or soap and water.
2. Open mask fully to cover from nose to below chin. If the mask has a nose bar, pinch around your nose.

During Use:

1. **Avoid** touching the mask or your face under the mask.
2. If the mask becomes damp or soiled, clean your hands and replace the mask.
3. **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:

1. Clean hands with alcohol-based hand rub or soap and water.
2. Do not touch the front of the mask.
3. Remove using the ties or elastic loops.
4. Discard immediately in garbage can.
5. Clean hands with alcohol-based hand rub or soap and water.

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Approved: April 11, 2020