HOW TO PUT ON, USE, TAKE OFF & DISPOSE OF A SURGICAL MASK

CATHOLIC SOCIAL SERVICES | Sign of Hope!

For healthy people: wear a mask **only if you are taking care of a person with suspected COVID-19 infection.**

Wear a mask **if you show symptoms.**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.**

If you wear a mask then you **must know how to use it and dispose of it properly.**

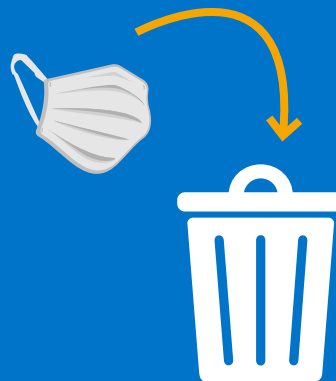Before putting on a mask, **clean hands with alcohol-based rub or soap and water.**

Cover mouth and nose with mask and make sure there are **no gaps between your face and the mask.**

Avoid touching the mask while using it; if you do clean your hands with alcohol-based hand rub or soap and water.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: **remove it from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands** with alcohol-based hand rub or soap and water.

---

cssalberta.ca   MARCH 30, 2020