

# COVID-19



## How to Wear a Face Mask

Steps for the public wearing face masks within SHA facilities.



1  
Clean your hands with soap and water or hand sanitizer



2  
Coloured side facing out, holding only the loops, place a loop around each ear



3  
Mold or pinch the stiff edge to the shape of your nose



4  
Pull the bottom of the face mask over your mouth and chin



5  
Avoid touching the front of the face mask when wearing

## How to Remove a Face Mask



1  
Clean your hands with soap and water or hand sanitizer



2  
Avoid touching the front of the face mask when wearing



3  
Hold both of the ear loops and gently lift and remove the face mask



4  
Throw the face mask in the trash



5  
Clean your hands with soap and water or hand sanitizer



Saskatchewan  
Health Authority

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