

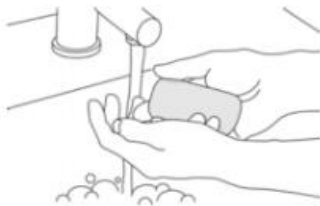
This mask has been sewn for you by a caring member of our community.

Even when using a mask, it is **very important** that you continue all safety measures including social/physical distancing and washing your hands.

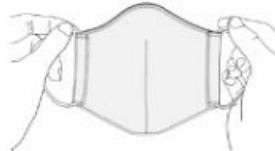
The mask should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- allow for breathing without restriction

Putting on a mask



1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.



3. Pick up mask by touching ear loops (or ties) only.
4. Avoid touching mask itself.



5. Hold both ear loops and place a loop around each ear.
6. Fit mask around mouth, nose, and chin.

Removing a mask

Once your mask is on, do not touch it again until you are ready to remove it. To remove the face mask, clean your hands with soap and water or hand sanitizer before touching the mask, and avoid touching the front of the mask. Hold both of the ear loops and gently lift and remove the mask, then throw the mask in the washing machine. Then clean your hands with soap and water or hand sanitizer.

Care of mask

Launder your mask regularly.