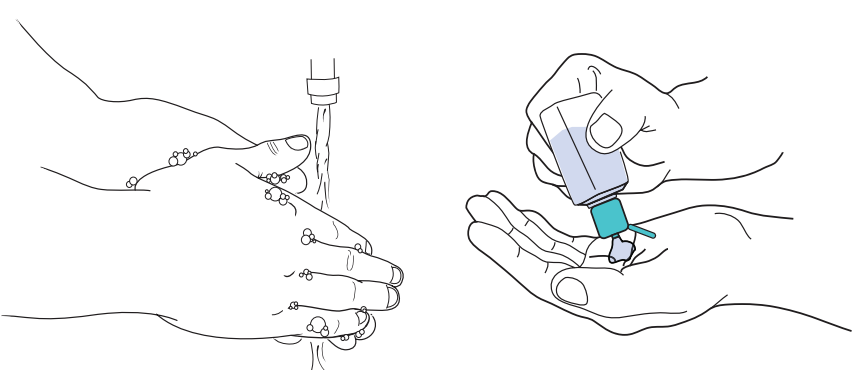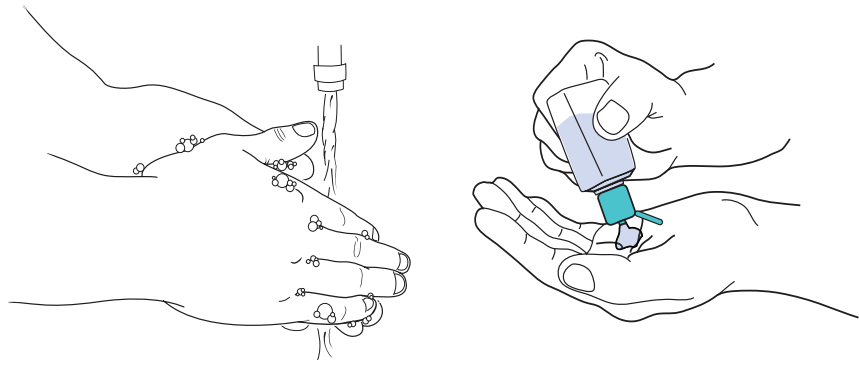# SEQUENCE FOR HOW TO SAFELY PUT ON AND REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

MASKS

How to put on, use, take off and dispose of a mask

- Before putting on a mask, wash hands with soap and water, or use an alcohol-based hand sanitizer.

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

- To remove the mask: remove it from behind (do not touch the front of mask).

- Discard immediately in a closed bin.

- wash hands with soap and water, or use an alcohol-based hand sanitizer.

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

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

Personal protective equipment is what you use when there are no other methods of avoiding exposure to infection. Follow basic strategies to reduce the risk of exposure to the virus, including social distancing.

For more information about COVID-19, visit www.bphc.org/coronavirus

BOSTON PUBLIC HEALTH COMMISSION