## Donning the mask.





Ensure your hands are properly washed.



Hold the mask with the colored side facing out. Leave the plastic protective film on both sides of the visor.



Tilt your head forward and place the mask on the bridge of your nose.



Adjust the mask over the nose and cheeks for a secure fit.



Fasten the top ties at the crown of your head



Pull the front of the mask down over your chin and jaw,



Secure the ties at the base of your neck.



To maneuverer the visor into position, place your finger on the visor edge and gently pull it into position.



When in position, peel the plastic protection film from both sides of the visor.

## Doffing the mask.

Undo the ties, starting at the bottom and then untying the top. Touch only the ties or edges of the mask and discard into the bin.