

HOW TO PUT ON A MEDICAL MASK AND EYE PROTECTION

- Medical masks are disposable medical-grade masks intended for a single use.
- Face shields and goggles are types of eye protection. Eye protection should have protection from droplets on the sides as well as the front.
- Eye protection should be worn over top of prescription eyeglasses. Prescription eyeglasses or sunglasses are not enough protection.
- Eye protection should be put on after you put on a mask and before applying gloves, if gloves are required.



Before putting on your medical mask, wash your hands. Use soap and water or alcohol-based hand sanitizer and rub for 20 seconds.



Press firmly over the bridge of your nose to secure.



Secure the elastic loops of your mask around your ears or if your mask has strings, tie them securely behind your head.



Once your mask is on, put on eye protection.



Make sure your nose and chin are covered and that there are no gaps between your face and the mask.



Wash your hands again after your mask and eye protection are on.

Adapted from the Government of Northwest Territories.



HOW TO TAKE OFF A MEDICAL MASK AND EYE PROTECTION

- **DO NOT** touch the front of your medical mask or eye protection while you wear it or remove it.
- **DO NOT** share your medical mask or eye protection. Label reusable eye protection if possible.
- **DO NOT** reuse your medical mask. Reusable eye protection must be washed and disinfected before reuse.



Wash your hands before removing your medical mask and eye protection.



Hold only the loops or strings and place the mask in the garbage.



Remove eye protection by handling the arms or sides of goggles or side or back of face shield. The front of the eye protection is considered dirty and should not be touched.



Wash your hands again after your mask and eye protection are off.



Discard eye protection into a garbage container if disposable, or in a plastic container until it can be disinfected. Wash your hands.



If eye protection is reusable, clean it with soap and water, then disinfect. Wash your hands.

Adapted from the Government of Northwest Territories.



Remove elastic loops from around your ears or untie the strings behind your head.

