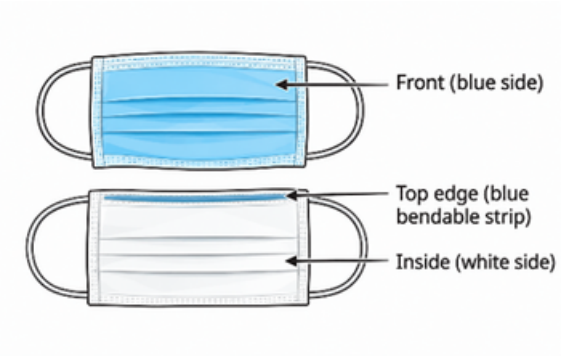
How To Put On a Mask

RUNNYMEDE HEALTHCARE CENTRE

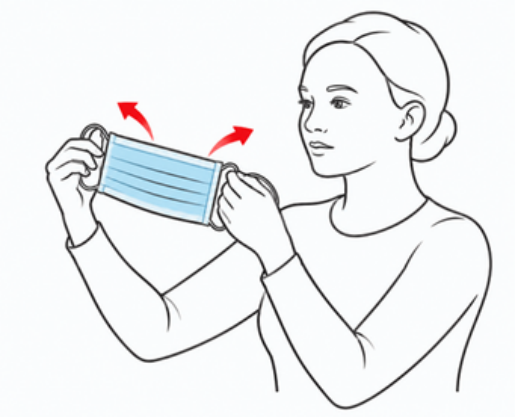
1. Clean your hands before touching the mask.



2. Check that the bendable strip is at the top. The white side should be facing you.



3. Hold the mask by the ear loops



4. Place a loop around each ear



5. Gently pinch the stiff edge on the top of the mask around your nose.



6. Pull the bottom of the mask over your chin



7. Clean your hands after putting on your mask

