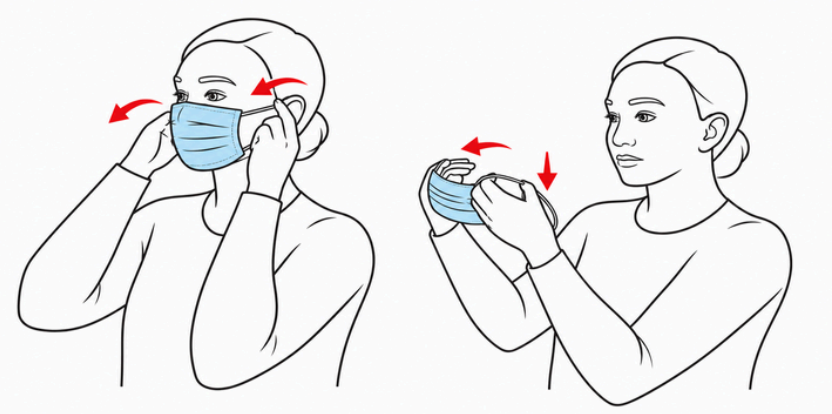
How To Remove Mask Safely

RUNNYMEDE HEALTHCARE CENTRE

1. Clean your hands before touching the mask.



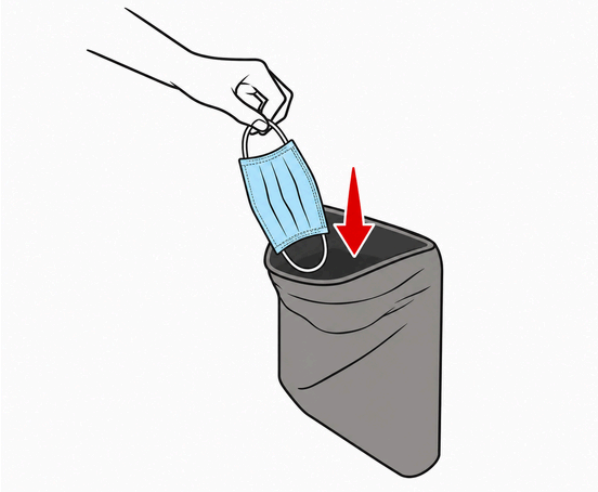
2. Hold the ear loops and then lift the mask away from your face.



3. Do not touch your face or the front of the mask while wearing it.



4. Put the mask in the garbage



5. Clean your hands again

