

IMPORTANT INFORMATION FROM THE PARWAY MANOR HEALTH OFFICE

REVIEW OF MASK WEAR AND CARE

Applying a face mask:

1. Wash your hands with soap and water or use hand sanitizer if soap and water is not available.
2. Holding the ear loops or ties apply the face mask, making sure it covers your nose and mouth and is secure around your chin.
3. Fit the flexible band against the bridge of your nose with both hands. This will help prevent your glasses from fogging up if you wear them.
4. Fit it snugly against the side of your face and below your chin.
5. Make sure you can breathe easily.
6. Wash your hands with soap and water or use hand sanitizer if soap and water is not available.
7. Avoid touching the face mask while wearing, and if you do, hand hygiene is necessary. The outside of the mask is considered dirty.
8. Change face mask if it gets wet or damp. Please keep a backup face mask in your backpack.

Removing a Face Mask

1. Wash your hands with soap and water or use hand sanitizer if soap and water is not available.
2. Holding the ear loops or ties remove the mask.
3. Fold the outside corners together.
4. If the face mask is removed due to being soiled, put it in a safe place (like a plastic bag then into a backpack) to go home to be washed.
5. If you remove the face mask, to eat lunch or during a mask break, attach it to your lanyard so it does not get lost or fall on the floor.
6. Wash your hands with soap and water or hand sanitizer id soap and water is not available.
7. Now it is safe to eat your lunch or put on a clean face mask.