## HOW TO PUT ON A MASK

- 1. Curve the nose piece so the mask can be held open.
- 2. Unfold the mask so it is open all the way.
- 3. Place the mask on your face-- nosepiece across the bridge of your nose and pull the bottom under your chin.
- 4a. Pull one strap over your head and around the neck, below your ears.
- 4b. Pull the second strap over your head and put it high on the back of your head.
- 4c. Adjust for a comfortable fit.
- 5. Using both hands press and adjust the nosepiece to fit snugly.
- 6. Perform a seal check. Place both hands over the mask and breathe out. If air leaks out the side, re-adjust the nosepiece or the straps or find a different size/type of mask.



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