Patients: When & How to Wear a Mask

Use a mask if you have fever, rash or cough.

Masks are used to protect others from germs you may have. Clean your hands before putting your mask on.

How to wear a surgical mask

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Open mask fully to cover from **nose to below chin**. If the mask has a nose bar, pinch around your nose.

During Use

Avoid touching the mask or your face under the mask. If the mask becomes damp, clean your hands and replace the mask.

Keep your mask on until asked by a healthcare provider to remove it.

Removing the mask

Clean hands with alcohol-based hand rub or soap and water.

Do not touch the front of the mask. Remove using the ties or elastic loops.

Discard immediately in garbage can.

Clean hands with alcohol-based hand rub or soap and water.

Never reuse masks.

ahs.ca/covid

Alberta Health Services

Infection Prevention & Control

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