

Proper Masking

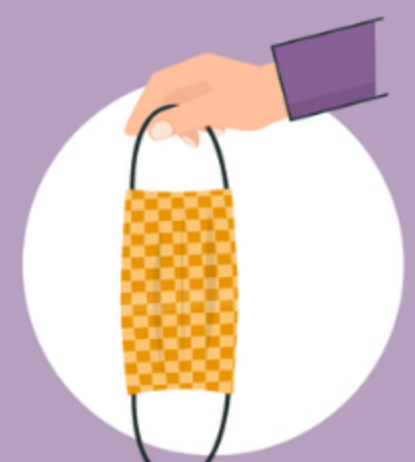


To protect yourself and others, remember to:

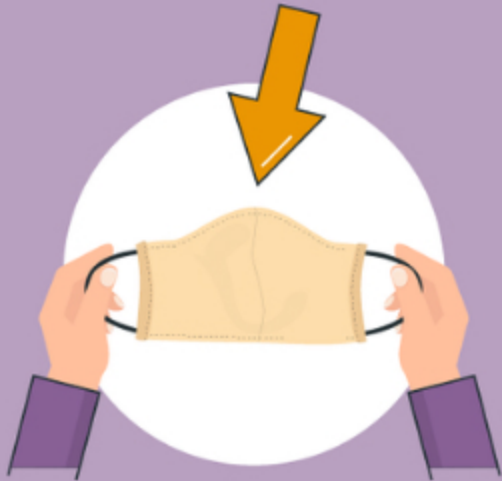
- Maintain proper social distancing.
- Practice frequent handwashing and use hand sanitizer when you can't wash your hands.
- Avoid touching your face, or the front of your mask.
- Wear your mask with the correct side up and out.



Clean hands before touching the mask



Inspect the mask for damage or if dirty



Identify the inside of the mask which will touch the face and the upper part that will cover the nose



Adjust the mask without leaving gaps on the sides



Cover mouth, nose and chin



Avoid touching the front of the mask



Clean hands before removing the mask



Remove the mask by the straps



Store the mask in a clean bag or container



Clean hands after removing the mask



Wash the mask at least once a day, preferably with hot water



Do not share masks with others

Visit www.cbsd.org/2020-21 for more resources. Contact your school nurse with any questions.