How to fit and remove a surgical mask

Fitting a surgical mask

• Position mask over mouth and nose
• Fasten ties or tapes above and below ears at back of head

Removing and disposing of mask

• With clean hands, untie or break ties at back of head
• Remove mask by only handling at the ties, then discard in appropriate waste
• Wash hands

When worn by a sick person, surgical masks limit the spread of droplets produced through talking, coughing or sneezing