How to Wear a Surgical Mask

Albert Einstein College of Medicine

1. Wash your hands before touching your mask.
2. Check the new mask to make sure it's not damaged.
3. Ensure the proper side of the mask faces outward.
4. Ensure metallic strip is placed on the nose & strings are behind ears.
5. Press the metallic strip to fit the shape of your nose.
6. Wash your hands.
7. Remove the mask from behind ears by holding string with clean hands.
8. Place mask in paper bag for reuse & label with your name if damaged or soiled.
9. Dispose the mask in closed bin.
10. Wash your hands for at least 20 seconds.