



## **Putting on the Mask and Taking it off**

**Aim:** At the end of this training session, participants should overpass the steps easily by performing the steps of the skill correctly and timely

**Tools:** Mask

### **STEPS**

#### **Putting on the mask**

1. Wash your hands
2. Hold the mask
3. Open the strings
4. Place the mask correctly, covering your nose and mouth (wired side up, folds upside down)
5. Place the upper strings over your ears, and bow them at the back of your head
6. Bow the lower strings at the back of your head

#### **Taking off the mask**

7. Wash your hands
8. Untie the lower strings first, and then the upper strings
9. Take off the mask
10. Discard the mask in the basket with appropriate liner
11. Wash your hands