HOW TO USE A PAPER MASK

1. Wash hands.

2. Make sure there are no holes or tears.

3. Put metal strip or stiff edge on nose.

4. Cover nose, mouth and chin.

5. Mask should be tight to face with no gaps.

6. Avoid touching mask or face.

7. Take mask off using ear loops or strings.

8. Keep mask away from you or surfaces when taking off.

9. Throw mask away immediately. Use a covered trash can if you can.

10. Wash hands.

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Multnomah County