

HOW TO WEAR YOUR FACE MASK CORRECTLY



- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it over your chin.
- Fit mask snug against the sides of the face.
- Make sure you can breathe easily.

*All patients and approved WELL visitors are required to wear a face mask for the duration of their visit.

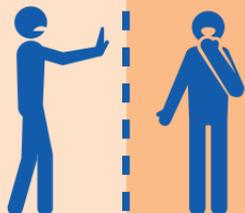
HOW TO CAREFULLY REMOVE YOUR FACE MASK WHEN YOU'RE HOME



- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Throw mask in the trash or store in a plastic bag, wash if applicable.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

HOW TO HELP STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19. Please limit interactions with others and restrict your visit to the patient's room or designated area.



Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.