

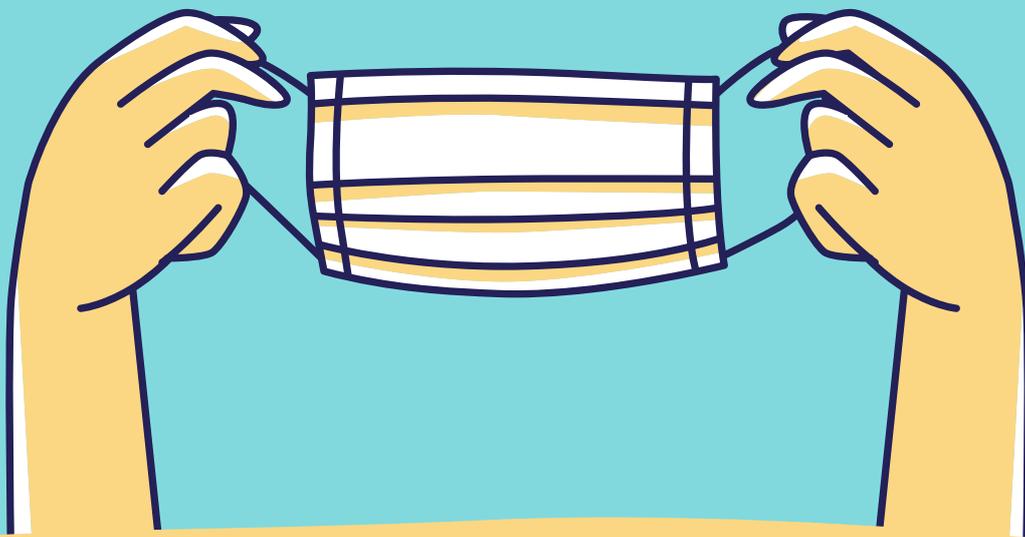


T-RES

Autism Transition Resources

How to Safely Wear a Mask

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Do's

- ✓ Thoroughly wash hands with soap and water before touching the mask
- ✓ Check the mask for any tears or holes
- ✓ Cover your mouth, nose, and chin
- ✓ Adjust the mask without leaving gaps on the side
- ✓ Avoid touching the mask
- ✓ Use the straps to remove the mask

Do's

- ✓ Dispose of single-use masks
- ✓ Store a re-usable mask in a clean, dry container (eg. a sandwich bag)
- ✓ Wash your hands after



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Dont's

- X** Don't use a ripped or damp mask
- X** Do not wear the mask only over mouth or nose (both must be covered)
- X** Don't rest it under your chin
- X** Do not touch the front of the mask
- X** Do not do other things that will require touching the mask
- X** Don't leave gaps or your chin exposed