SAFE SERVICE NOW
Protecting yourself from COVID-19 - Correctly wearing masks

Mask should fit **snugly** - use **both straps** and make sure they are **tight**.

If equipped, use **adjustable nose bridge** to make sure mask is **snug and fitted**.

Cover your face from **bridge of nose to bottom of chin**.

To get involved, visit www.atu.org/covid-19 and go to the Safe Service Now section.
SAFE SERVICE NOW
Wearing Masks – What NOT to do

DO NOT leave either strap off or loose.

DO NOT have any item obstruct the masks connection to your face.

DO NOT leave any part of your nostrils or mouth exposed.

DO NOT rest your mask under your chin or on your neck.

Any area that is not sealed, allows COVID-19 in.

Illustrations by Eleni Kalorkoti for the New York Times, reproduced here for educational purposes.

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SAFE SERVICE NOW
Applying and Removing Surgical Masks

Apply and remove mask by using the elastic ear straps.

Always sanitize or wash hands before applying and removing. Also sanitize or wash your hands after removing.

Avoiding mask contamination
- Do not touch inside of mask.
- Do not pull surgical mask off by face panel, only use straps.
- Do not leave mask laying on possibly contaminated surfaces.

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SAFE SERVICE NOW
Applying and Removing Gloves

Grasp the cuff
Use the hand that you write with to grasp the cuff of the glove on the other hand.

Pull the glove off
Pull that glove off so that it is inside out. Be sure any soiled material stays inside that glove.

Ball up the glove
Ball up the removed glove in the palm of your gloved hand. Slide one or two bare fingers inside the other glove. Make sure that the bare fingers don’t touch the outside of the glove.

Peel off the other glove
Pull down with those fingers, peeling off the glove. The first glove will be inside the second glove.

Throw away gloves
Throw away the gloves in a plastic bag, and wash your hands.

Treat gloves as if they are contaminated, avoid touching outside of glove with bare hands and sanitize or wash your hands right after removal and discarding.

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SAFE SERVICE NOW
A Note on Wearing Gloves

Gloves can get contaminated just like your hands. Always keep your hands away from your face!

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