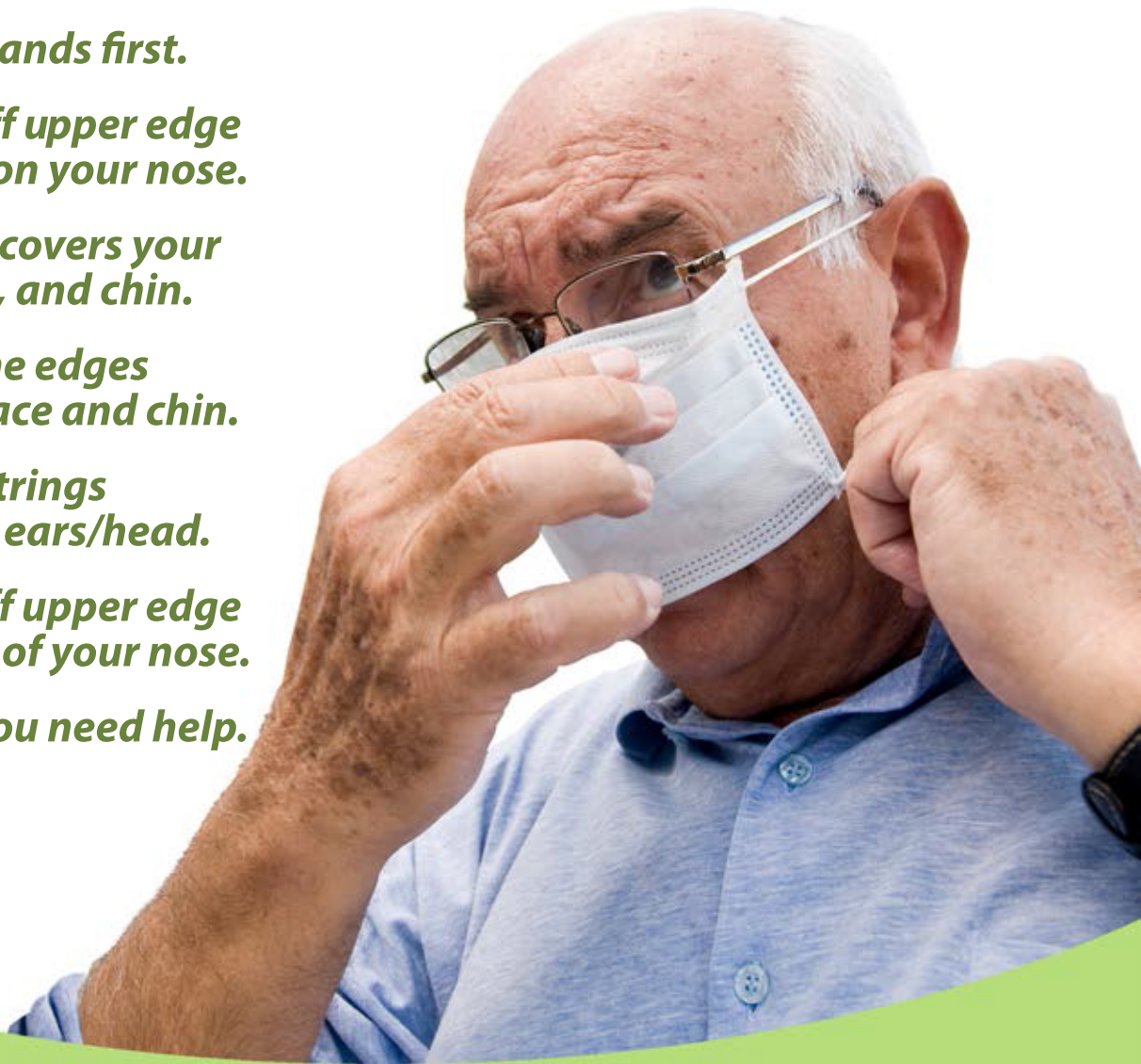# How do I put on a mask?

1. **Clean your hands first.**

2. **Place the stiff upper edge of the mask on your nose.**

3. **Make sure it covers your nose, mouth, and chin.**

4. **Make sure the edges touch your face and chin.**

5. **Pull/tie the strings around your ears/head.**

6. **Press the stiff upper edge to the shape of your nose.**

7. **Ask staff if you need help.**

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