



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**.





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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.



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

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

To get involved, visit www.atu.org/covid-19
and go to the Safe Service Now section





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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.



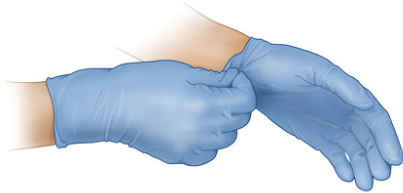
Avoiding mask contamination

- 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.



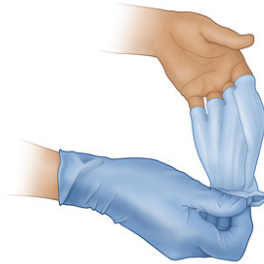
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Applying and Removing Gloves



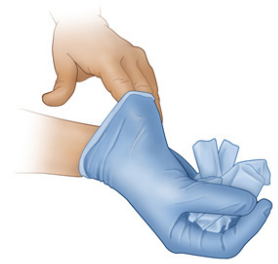
Grasp the cuff

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.



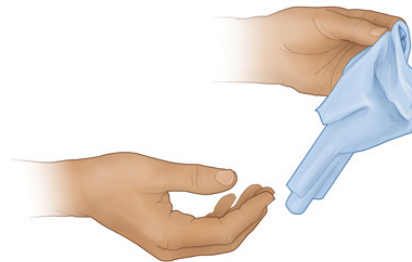
Ball up the glove

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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A Note on Wearing Gloves

From surfaces
to hands



From hands
to face



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