

Steps to Take Off a Respirator / Mask



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To remove a respirator, be careful not to touch the front of the face piece, as that is considered to be contaminated. Handle only the ties or elastic bands, as these are considered clean.

- 1** Grasp the bottom strap at the back of the head with one hand.
- 2** Pull the strap over your head.
- 3** Still holding the bottom strap in front of you, grasp the top strap with the other hand.
- 4** Pull the top strap over your head, lifting the respirator away from the face.
- 5** To remove a mask, grasp the loops with both hands.
- 6** Carefully lift the mask away from your face.



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