



# HOW TO PROPERLY WEAR A MASK

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

Bridgeway  
Senior Healthcare

The Avalon  
A Bridgeway Assisted Living Residence

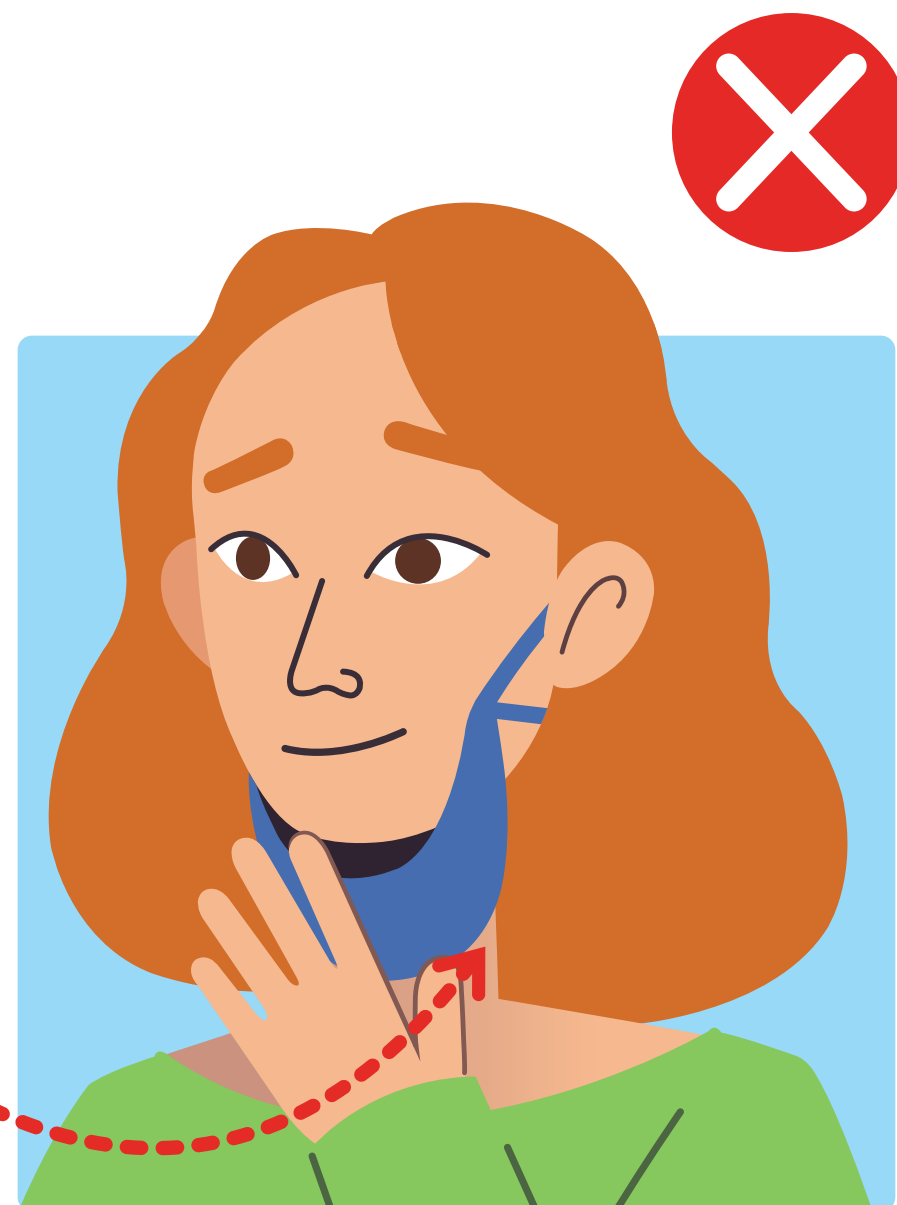
**Do not**  
wear the mask  
below the nose



**Do not**  
wear a mask  
which is loose  
and has gaps on  
the side



**Do not**  
push your mask  
on your neck



**Do not**  
leave your chin  
exposed



**Do not**  
wear your mask  
such that it only  
covers the tip of  
your nose



**Wear** your mask all the  
way up, close to the  
bridge of your nose and  
all the way down under  
your chin.

