

PROTECT THE HEALTH OF OTHERS!

# How to put on a mask



1

Place the mask over your mouth and nose with the flexible nosepiece upwards.



2

Shape the flexible nosepiece to the bridge of your nose.



3

Position the bottom edge under your chin.

**CHANGE YOUR MASK IF IT BECOMES DAMP.**

[msss.gouv.qc.ca/grippe](http://msss.gouv.qc.ca/grippe)

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