

EVERYDAY LIFE

PROTECTING YOURSELF IN ANY CIRCUMSTANCE (LIKE FLYING)

A PROPER MASK & FITTED GOGGLES WILL PROTECT YOU



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Step 1: Dress any way you like.

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Step 2: Wear goggles; Wear a properly-fitted N95 or KN95 mask or a Mask/Respirator Combo that is equal to or greater than the KN95 model.

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Step 3: Once you don your mask and goggles, you have the choice to either refrain from touching them until you've completed your task, or properly doff them off and on. Never touch your mask or goggles with anything other than clean hands or clean gloves, and never touch the inside of your mask or goggles until you are finished with them for the day.

4

Step 4: After you are done for the day, first remove your clothing and place them in a bag to be cleaned. If you are wearing gloves, keep them on, along with your mask and goggles. Next, remove your mask and goggles and set them aside. Remove your gloves and immediately wash your hands, face and neck. Put new gloves on and either set your mask aside for re-use or dispose of it and sanitize your goggles. Once everything is put away, remove your gloves and take a hot shower with soap.