





# How to Wear A Mask

## Tante ehtocikatec e kishkikatek akopitelehpison.

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use an alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask .



### How to take off your mask or throw away your mask:

- Do not touch the front of your mask to remove it.
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head. Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Do wash your cloth mask with hot, soapy water and let it dry completely before wearing it again.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.
- Do store re-usable masks in a clean paper bag until you wear it again.
- Do not share your mask with others.

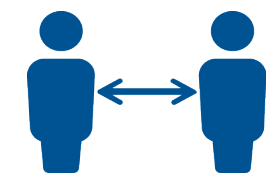
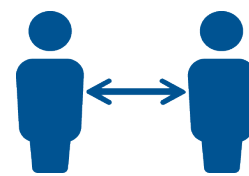
- Pwamashi pohtishkaman kit akopitelehpison kasicice soap nesta lipiy kalake liyaloshap seconds nesta piko ka maskawakamik kasicichakan e apacihtayan.
- Tapishaha kihtwakay alihi ka shipashtepaliki pishakalapiya anta akopitelephisowilihk. Kishapsin alima kit akopitelephisowin ka pishalapiwahk tahkopita otalakh kistikwalihk.
- Akohpika kytoon nesta kikoot alima akopitelehpisowin nesta kistilac mola tatawaw ayetaw kihkwakan nesta alima akopitelehpisowin.
- Kawila samila anta likan alima akopitelehpisowin mekwac e kishkaman alima akopitelehpisowin.
- Kasicice soap nesta lipiy kalake liyaloshap seconds nesta piko apacihta ka mashkawakamik kasicichakan kishapsin ka pihci samilaman kit akopitelehpisowin.

### Kehtotaman e kehcikolaman kit akopitelehpison nesta piko ka wepilaman kit akopitelehpisowin

- Kawila samila likan kit akopitelehpison e wi kehcikolaman.
- Malipita alihi ka shipashtepaliki anta akopitelehpisowilihk anta kihtwakahk nesta piko apihkola alihi pishakalpiya otalakh anta kistikwalihk. E tahkolaman piko alihi ka shipastepaliki nesta piko alihi pishakalapiya maka pihtaha alima akopitelehpison wepikalaskihkohk e kipahikaliwahk.
- Ekoshi maka kitishtapwata kit akopitelehpison e kishakamitek e sopowakamik lipiy maka mitoli ta pahkwa pwamashi kishkaman mila. Kasicice soap nesta lipiy apacihta kalake liyaloshap seconds nesta piko apacihta ka mashkawakamik kasicichakan ka ishkwawepilaman alima kit akopitelehpison.
- Ekoshi lahika mila ke apatahki akopitelehpisola e payehkahk masilahikalwaliwat patima mila kishkamale.
- Kawila miliwe kit akopitelehpison kotakiyak awelihkalak.

Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.

Lalakacihahkwak ka sakihaci e kasiciceyan e kishkaman akopitonepison nesta e pimitishahaman wawalapahtowin. Kishapsin ka malimahcihowale api kikihk eka ke ohci ahkosicik kotakiyak.



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