Centre intégré
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de la Côte-Nord

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Putting on the MEDICOM N95 mask

1. Pull the top and bottom edges of the respirator to fully open it.

2. Fold the nosepiece into a gentle V-shaped curve.

3. Separate the band on each side of the middle slot.

4. Mould the nosepiece to the bridge of your nose and test for leaks.

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Removing the MEDICOM N95 mask

1. Place the lower band around the back of your neck and the upper band on the top of your head.

2. Tilt your head forward and use both hands to remove the respirator while maintaining a tension on both bands to avoid contamination.

3. Throw the N95 mask in the garbage.

4. Perform hand hygiene.