How to properly take off your respirator.

Follow these seven steps to remove your N95 respirator:

1. Don't touch the front of the respirator. It could be contaminated with COVID-19 virus particles.

2. Be sure to wash or sanitize your hands after removing your respirator.

3. While touching only the bottom strap, carefully bring it over your head.

4. Next, grasp the top strap and carefully pull it over your head.

5. Pull the respirator away from your face. Again, be sure not to touch the facepiece.

6. Be sure not to touch your eyes, nose, or mouth when you remove your respirator.

7. Throw away your respirator.