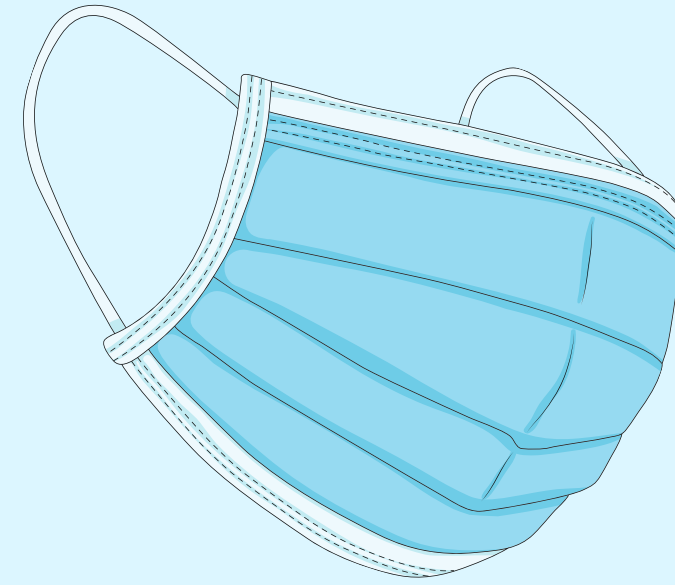


# HOW TO WEAR A MASK

## 1 BEFORE PUTTING ON THE MASK

- Clean your hands
- Check the mask for damage



## 2 PUTTING ON YOUR MASK

- Cover your mouth and nose fully
- Ensure there are no gaps
- Pinch the nose piece to fit your nose

## 3 WHILE WEARING YOUR MASK

- Do not touch your mask.
- Replace your mask if it becomes dirty



## 4 REMOVAL/DISPOSAL OF YOUR MASK

- Clean your hands before and after removing your mask
- Discard mask in a waste bin