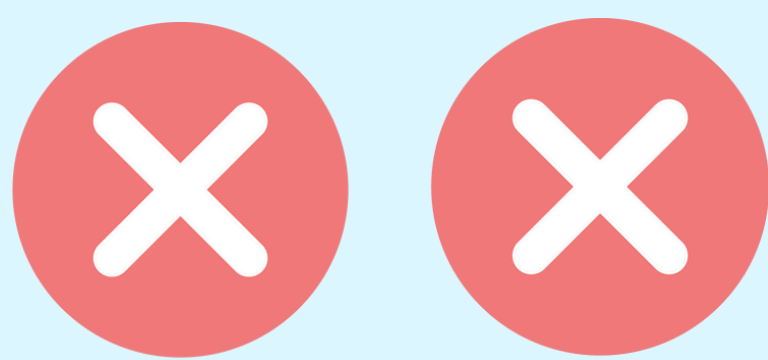


# HOW TO WEAR A MASK

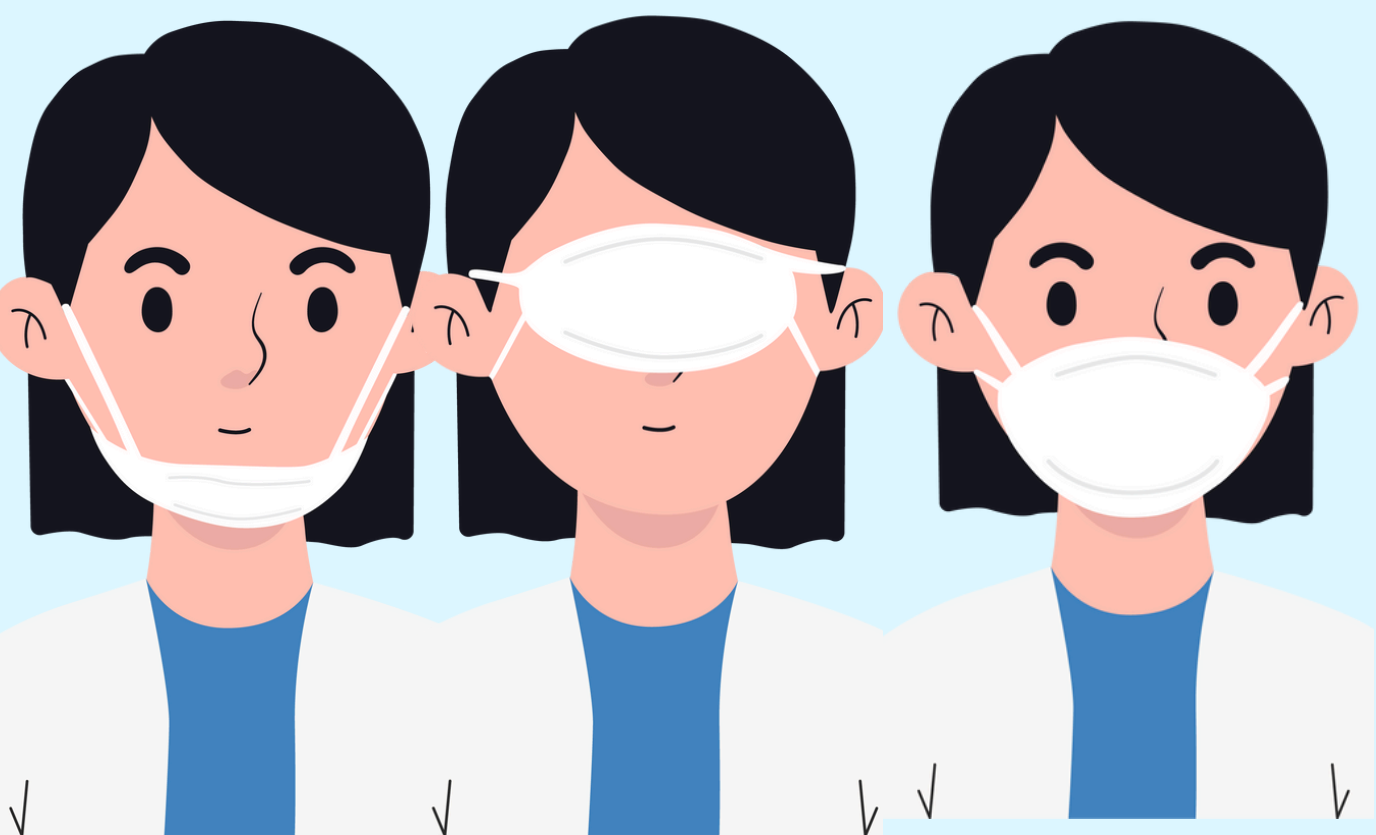
## 1 BEFORE PUTTING ON THE MASK

- Clean your hands with hand sanitizer or soap and water before touching your mask
- Check the mask for any damage including tears



## 2 PUTTING ON YOUR MASK

- Ensure colour side of the mask faces outwards
- Place an ear loop around each ear or tie the bottom and top straps
- Cover your mouth and nose fully, ensuring there are no gaps. The bottom of your mask should fit under your chin
- Pinch the nose piece to fit your nose



## 3 WHILE WEARING YOUR MASK

- Do not touch your mask. If you do, clean your hands with alcohol based hand rub or soap and water
- Replace your mask if it becomes damp, soiled or dirty.
- Do not reuse single use masks



## 4 REMOVAL/DISPOSAL OF YOUR MASK

- Clean your hands
- Do not touch the front of your mask. Lean forward and gently remove the mask from behind by holding both ear loops or ties
- Discard mask in a closed waste bin
- Clean your hands

