

# HOW TO WEAR A MEDICAL MASK SAFELY

## DO'S



Clean your hands before handling the mask



Inspect the mask for tears or holes



Locate the top side, where the stiff edge is



Ensure the coloured-side faces outwards



Place the loops around your ears and press stiff edge over your nose



Cover your mouth, nose and chin



Adjust the mask to your face minimizing gaps on the sides



Clean hands before removing the mask



Remove the mask from behind the ears

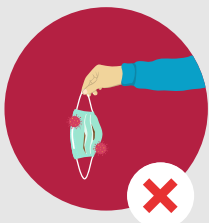


Discard the mask into a garbage bin



Clean your hands after handling the mask

## DON'TS



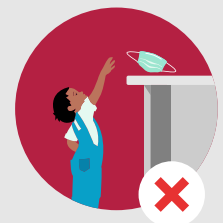
Do not use a ripped, soiled or damp mask



Do not touch the mask without cleaning your hands before and after



Do not place the mask on your chin, forehead, off your ear, etc.



Do not leave the mask where others could find it