

# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



World Health  
Organization

# WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

**Wear a mask, if you are coughing or sneezing**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

**If you wear a mask then you must know how to use it and dispose of it properly**



World Health  
Organization





HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

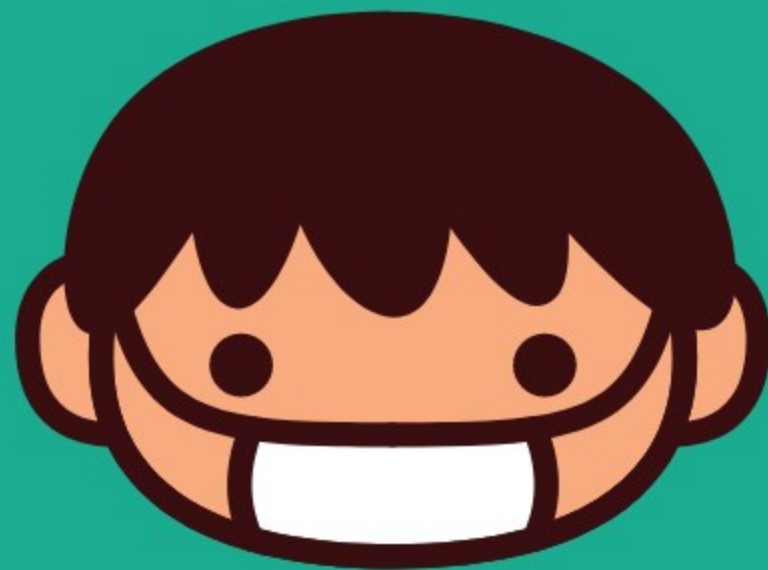
**Before putting on a mask,  
clean hands with alcohol-  
based hand rub or soap  
and water**



World Health  
Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Cover mouth and nose  
with mask and **make sure**  
**there are no gaps**  
**between your face and**  
**the mask****



World Health  
Organization



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

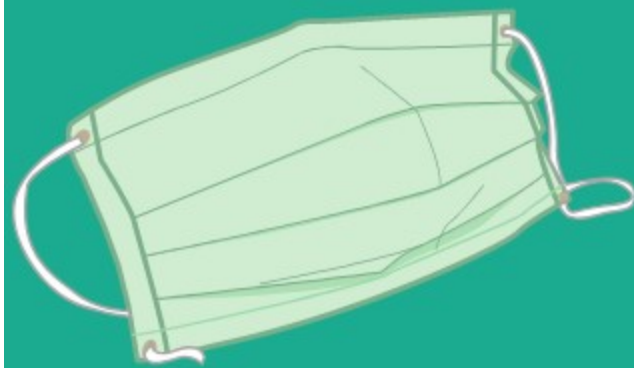
**Avoid touching the mask  
while using it;  
if you do, clean your  
hands with alcohol-based  
hand rub or  
soap and water**



World Health  
Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Replace the mask with a new one as soon as it is damp and do not re-use single-use masks**



World Health  
Organization



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: **remove it from behind** (do not touch the front of mask); **discard immediately in a closed bin**; **clean hands with alcohol-based hand rub or soap and water**



World Health  
Organization