

## HOW TO SAFELY WEAR A MASK

#1

### Before

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



#2

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



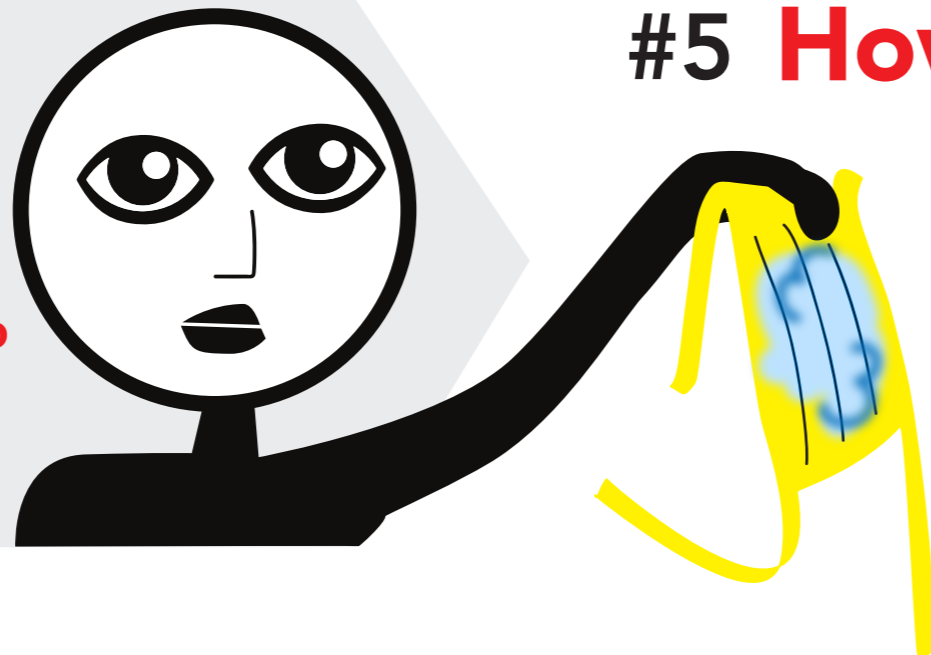
#3

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




#4

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




## #5 How to safely remove a mask...

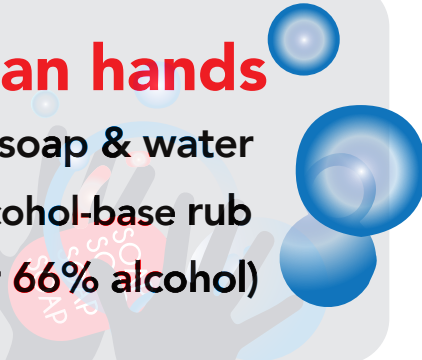
Remove it from behind

Don't touch the front! 

Discard immediately

in a closed dustbin 

Clean hands

with soap & water or alcohol-base rub (over 66% alcohol) 

## WHEN TO USE A MASK

1

If you are healthy, you only need to wear a mask if you are taking care of a person who is thought to have COVID-19.

2

Wear a mask if you are coughing or sneezing.

3

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