

# How to wear a mask

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



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards.



**PINCH THE METAL EDGE OF THE MASK** so that it presses gently on your nose bridge.



Remove a used mask **HOLDING ONLY THE EAR LOOPS.**

After putting mask on,  
do not touch mask again  
except by ear loops.

If you touch, wash hands.