How to **put on, use, take off and dispose of** a mask

1. Before putting on a mask, wash 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 the mask.

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

4. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water.
HOW TO WEAR A MEDICAL
MASK SAFELY

**Do's**

1. Wash your hands before touching the mask.
2. Inspect the mask for tears or holes.
3. Find the top side, where the metal piece or stiff edge is.
4. Ensure the colored-side faces outwards.
5. Place the metal piece or stiff edge over your nose.
6. Cover your mouth, nose, and chin.
7. Adjust the mask to your face without leaving gaps on the sides.
8. Avoid touching the mask.
9. Remove the mask from behind the ears or head.
10. Keep the mask away from you and surfaces while removing it.
11. Discard the mask immediately after use preferably into a closed bin.
12. Wash your hands after discarding the mask.

**Don’ts**

1. Do not use a ripped or damp mask.
2. Do not wear the mask only over mouth or nose.
3. Do not wear a loose mask.
4. Do not touch the front of the mask.
5. Do not remove the mask to talk to someone or do other things that would require touching the mask.
6. Do not leave your used mask within the reach of others.
7. Do not re-use the mask.

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.