HOW TO WEAR A MEDICAL MASK SAFELY

**DO’s**

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding 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.
HOW TO WEAR A MEDICAL MASK SAFELY

Don’ts

Do not use a ripped or damp mask
Do not wear a loose mask
Do not touch the front of the mask
Do not remove the mask to talk to someone or do other things that would require touching the mask
Do not leave your used mask within the reach of others
Do not re-use the mask

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