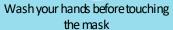
HOW TO WEAR A MEDICAL MASK SAFELY

DO's







Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the coloredside faces outwards



Place the metal piece or stiff Cover your mouth, edge over your nose



nose, and chin



Adjust the mask to your face without leaving gaps on the



Avoid touching the mask





Remove the mask from Keep the mask away from you behind the ears or head and surfaces while removing it



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 wear the mask only over mouth or nose



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

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.



