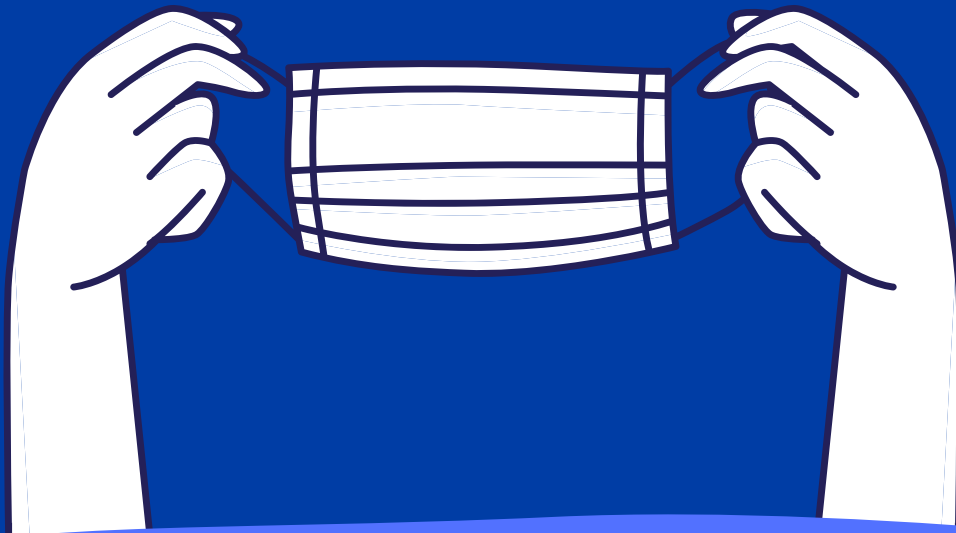


How to Safely Wear a Medical Mask

Source: World Health Organization



Do's

- ✓ Thoroughly wash hands with soap and water before touching the mask
- ✓ Check the mask for any tears or holes
- ✓ Find the top side where the metal piece or stiff edge is
- ✓ Ensure that the colored side faces outwards
- ✓ Place the metal piece/stiff edge over your nose
- ✓ Cover your mouth, nose, and chin.

Do's

- ✓ Adjust the mask without leaving gaps on the side
- ✓ Avoid touching the mask
- ✓ Use the straps to remove the mask
- ✓ Keep the mask away from you or any surface when removing it
- ✓ Discard the mask immediately after use, preferably into a closed bin
- ✓ Wash your hands after



Dont's

- ✗ Don't use a ripped or damp mask
- ✗ Do not wear the mask only over mouth or nose (both must be covered)
- ✗ Do not wear a loose mask
- ✗ Do not touch the front of the mask
- ✗ Do not do other things that will require touching the mask
- ✗ Do not leave used mask within the reach of others
- ✗ Do not re-use the mask