

How TO Wear a Medical Mask Safely

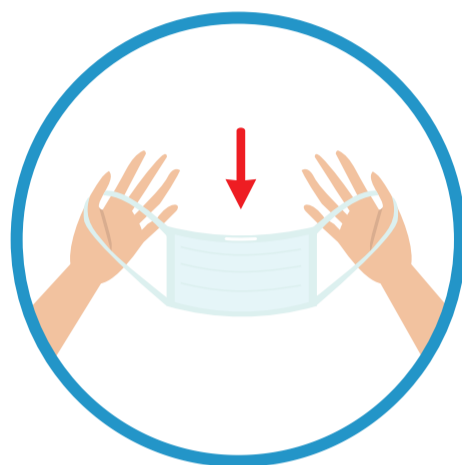
(Surgical mask)



Wash your hands with soap and water or sanitizer before touching the mask



Inspect the mask for tears or holes



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



Hold the mask from the elastic loops and place it on your face. Ensure the coloured-side faces outwards



Avoid touching the front side of the mask while putting it on your face



Place the metal piece or stiff edge over your nose



Cover your mouth, nose and chin. Do not leave gaps on the side



Remove the mask from behind the ears or from the elastic loops



Keep the used mask away from you and surfaces once it is removed



Dispose of the mask immediately after use in a safe way



Wash your hands either with soap and water or sanitizer after discarding the mask