

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

Avoid touching the mask while using it;
if you do, clean your hands with alcohol-
based hand rub or soap and water

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