

PROPER USE OF MASK

WHEN TO USE A MASK

- **If you are unwell**
- For healthy people, wear a mask **only if you are in close contact with people who are suspected to have coronavirus.**
- Wear a mask **if you are coughing or sneezing.**
- If you are in close contact with people who have acute respiratory infections
- Masks are effective only when used **in combination with frequent hand-cleaning** with alcohol-based sanitizer or hand washing.
- If you wear a mask then you must know how to use it and dispose it properly.

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

- Before putting on mask, **wash hands with soap and water or clean hands with alcohol- based hand sanitizer**
- Cover mouth and nose with mask and **make sure there are no gaps between your face and mask.**
- **Coloured Side** of the mask face **outwards** with metallic strip uppermost.
- **Avoid touching the mask while using it;** if you do, clean your hands with alcohol-based hand sanitizer or hand wash.
- Replace the mask with a new one as soon as it is damp and do not re-use single use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with soap and water or clean hands with alcohol- based sanitizer.



HOW TO WEAR A MASK

1



Wear it with the **coloured side facing out**/white side facing in

2



Ensure it covers the nose & mouth **fully**

3



Tie/loop the straps around your head or over the ear

4



Use two fingers to **press the concealed metal wire down to fit the shape of the nose**