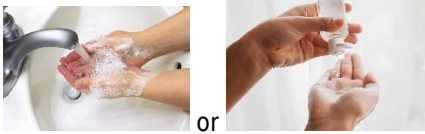

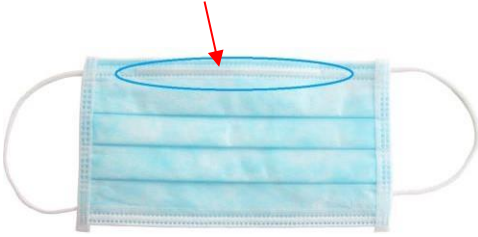







## Wearing a Mask Correctly

To avoid infections, it is important that surgical masks are put on and removed correctly.

### INSTRUCTIONS: How to put on a surgical mask

<p>1. Wash your hands with soap and water or use handsanitiser for 20 seconds.</p>  <p>or</p>	<p>2. Inspect the mask for tears or holes. (Do not use if it has tears or holes).</p> 
<p>3. Identify which side is the top. This is where the metal piece is.</p> 	<p>4. Identify the inside of the mask. This is the side with the inseams of the mask.</p>  <p><b>NOTE:</b> in the training video (below) it says the inside of the mask is white – with our current supply it is blue.</p>
<p>5. Fit the mask on your face.</p> 	<p>6. Pinch the metal strip or stiff edge so it holds to the shape of your nose.</p> 
<p>7. Adjust the mask over your face covering your mouth and chin.</p> 	<p>8. Make sure there are no gaps between your face &amp; the mask.</p> 





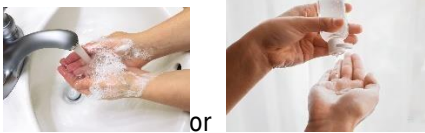
To watch a video of how to wear a mask:  
**SCAN THIS QR CODE WITH YOUR MOBILE PHONE.**



**While using the mask:**

- To avoid contamination, do **NOT** touch the front of the mask.
- If you accidentally touch the front of the mask, clean your hands.

**INSTRUCTIONS: How to take off a surgical mask:**

<p>1. Remove the elastics from behind without touching the front, keeping it away from your face.</p> 	<p>2. Discard the mask immediately in a closed bin.</p> 
<p>3. Wash your hands with soap and water or use hand sanitiser for 20 seconds.</p> 	

**Important considerations about masks:**

- It is important not to reuse a mask.
- Replace it with a new one as soon as it gets damp

**REMEMBER! The best way to protect yourself is by frequently cleaning your hands with soap and water or use of hand sanitisers.**



*First Choice in Supporting Independence*  
Ko te whiringa tuatahi ki te tautoko tōu motuhaketanga