

How to wear a mask

1. Clean your hands

Use hand sanitizer or soap and water



2. Check your mask

Check the mask to make sure it's not damaged. Replace it if it's wet, dirty or ripped. Ensure colour side of the mask faces outwards.



3. Wearing your mask



Mold the metal strip to your nose



Loop the straps around your ears.



Pull the mask under your chin.



Press the metal strip again to fit on your nose.

Ensure the mask covers your mouth and nose fully without any gaps. Do not touch the front of the mask, if you do, clean your hands.

4. Taking off your mask



Clean your hands.



Gently remove the mask using both ear loops.



Throw in bin.



Clean your hands.