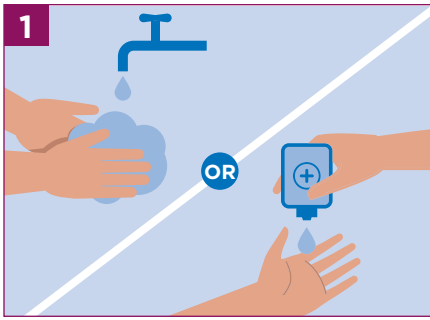
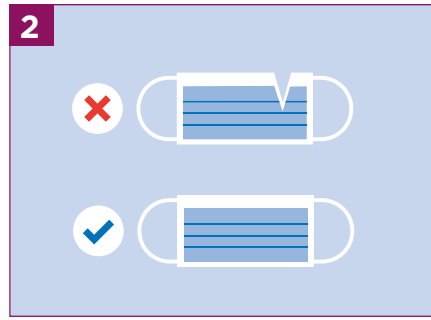


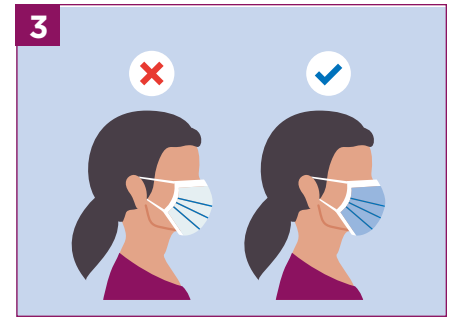
# How to Wear a Surgical Mask



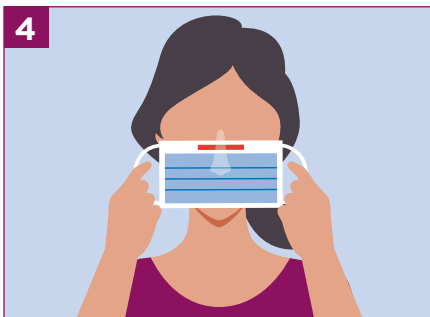
Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



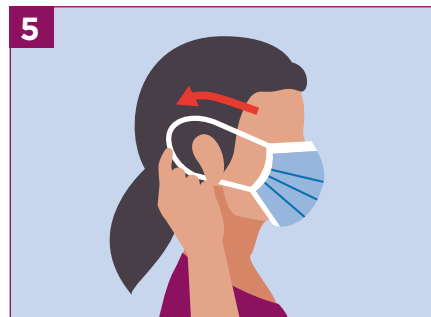
Check the new mask to make sure it's not damaged.



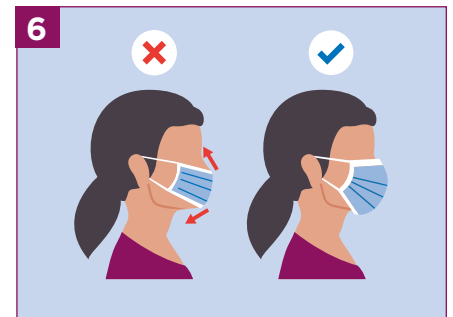
Ensure colour side of the mask faces outwards.



Locate the metallic strip. Place it over and mold it to the nose bridge.



Place an ear loop around each ear or tie the top and bottom straps.



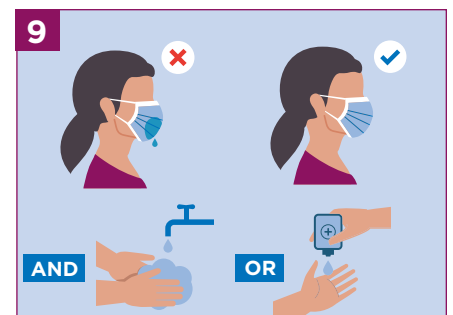
Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

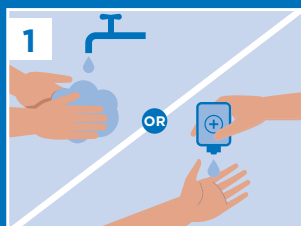


Do not touch the mask while using it, if you do, perform hand hygiene.



Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

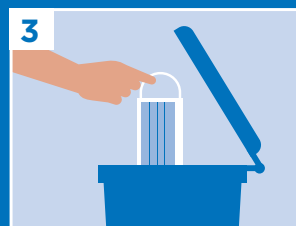
## Removing the Surgical Mask



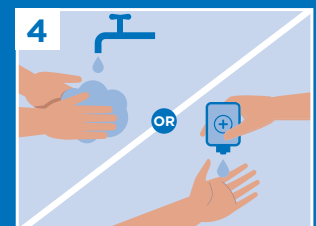
Perform hand hygiene.



Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



Discard the mask in a waste container.



Perform hand hygiene.