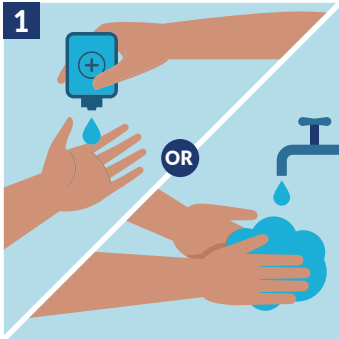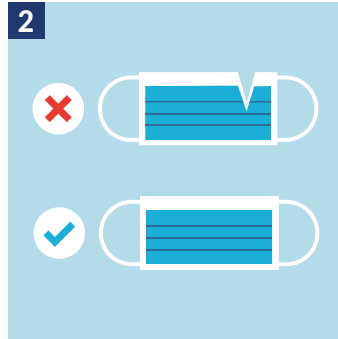# HOW TO WEAR A MEDICAL MASK
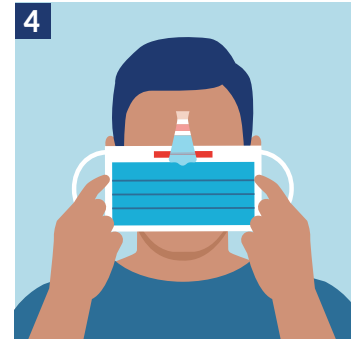
1 Clean your hands with hand sanitizer or soap and water before touching the medical mask.

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

3 Ensure colour side of the mask faces outwards.

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

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

6 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.

7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.
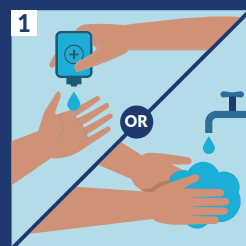
8 Do not touch the mask while using it, if you do, perform hand hygiene.

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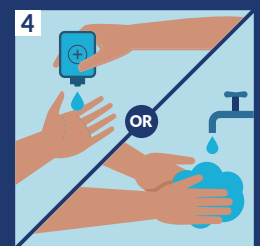
Removing the mask

1 Clean your hands.

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

3 Discard the mask in a regular waste bin.

4 Clean your hands.