

HOW TO CORRECTLY USE A MASK

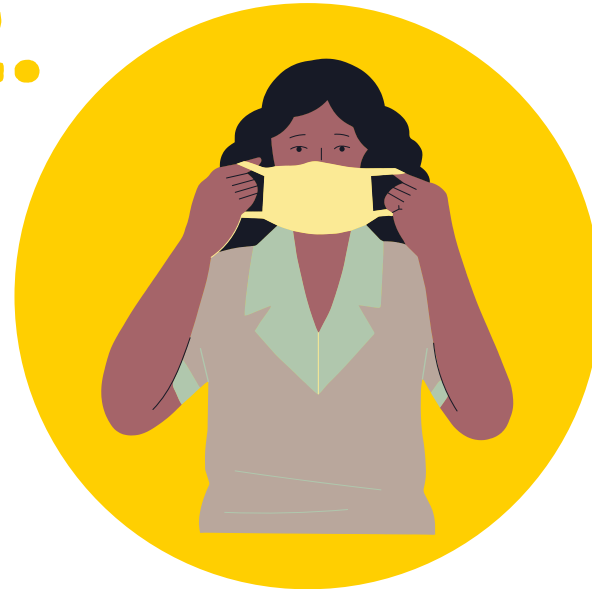
PUTTING ON YOUR MASK

1.



WASH HANDS

2.



**PUT ON MASK.
ADJUST TO COVER
NOSE AND MOUTH**

3.



**AVOID TOUCHING
MASK WHILE
WEARING**

REMOVING AND DISPOSING OF YOUR MASK

1.



WASH HANDS

2.



REMOVE MASK

3.



DISPOSE OF MASK

4.



WASH HANDS

HAND HYGIENE

WASH HANDS WITH SOAP AND WATER



This method is most effective against COVID-19.

20 SECONDS



Wash thoroughly for 20 seconds.

USE HAND SANITISER



Where hand washing facilities cannot be accessed, use hand sanitiser.

Regular washing or sanitising is important for stopping the spread.

WASH OR SANITISE REGULARLY

