#StopTheSpread
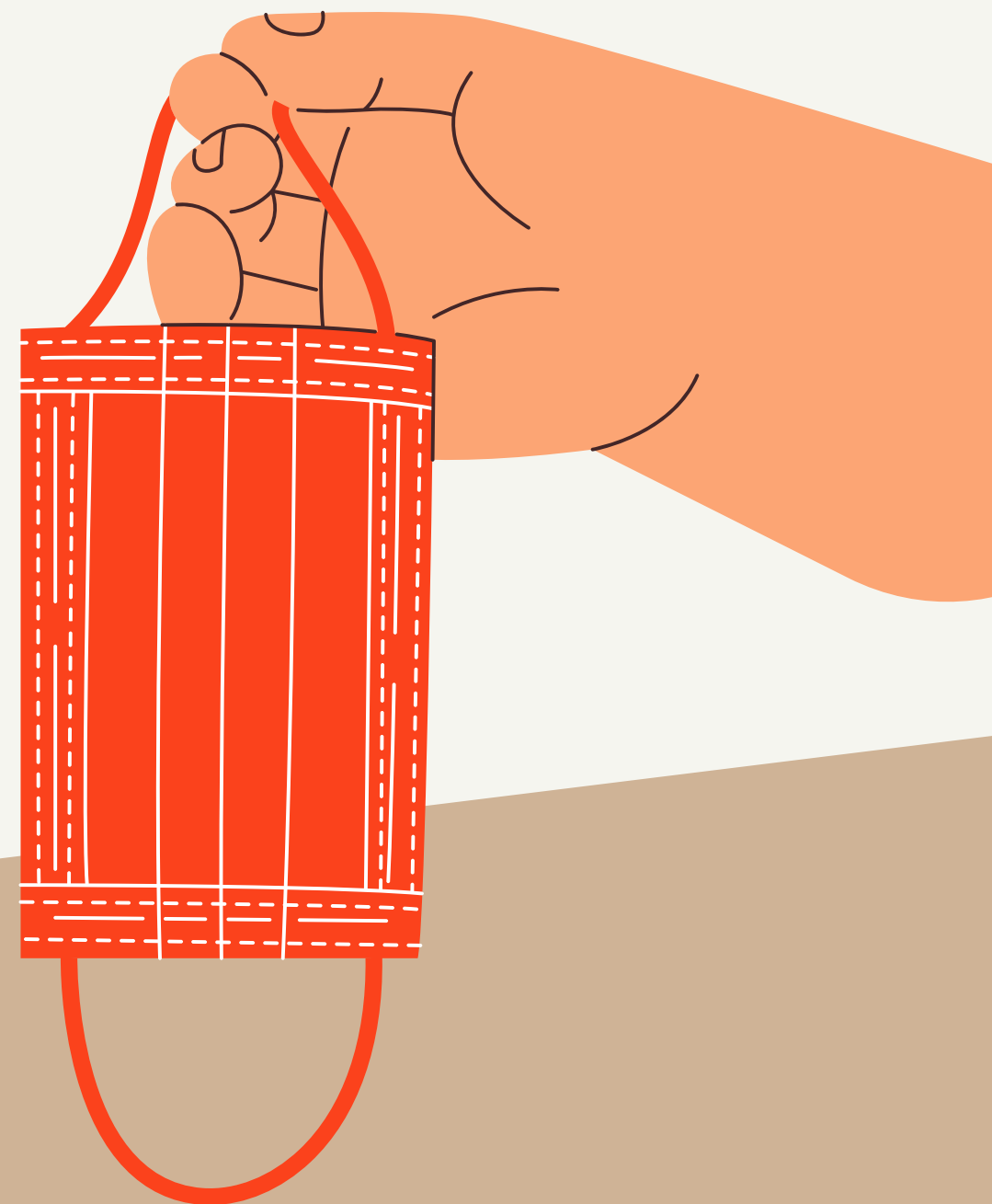
How to use a mask?

Source: World Health Organization

Before Putting on a Mask:

Clean hands with **alcohol-based hand rub** or **soap and water**.
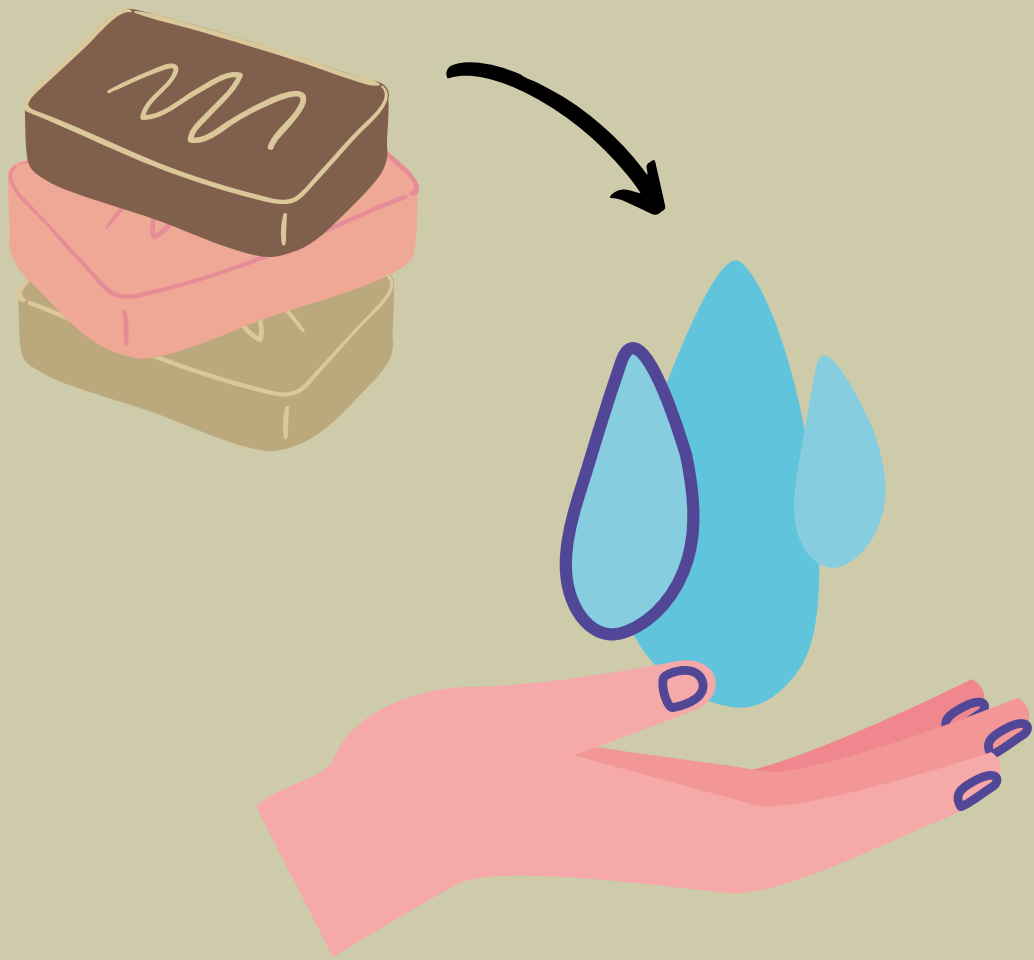
While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.

2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.

3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**

To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**

2. Discard the mask **immediately** in a closed bin.

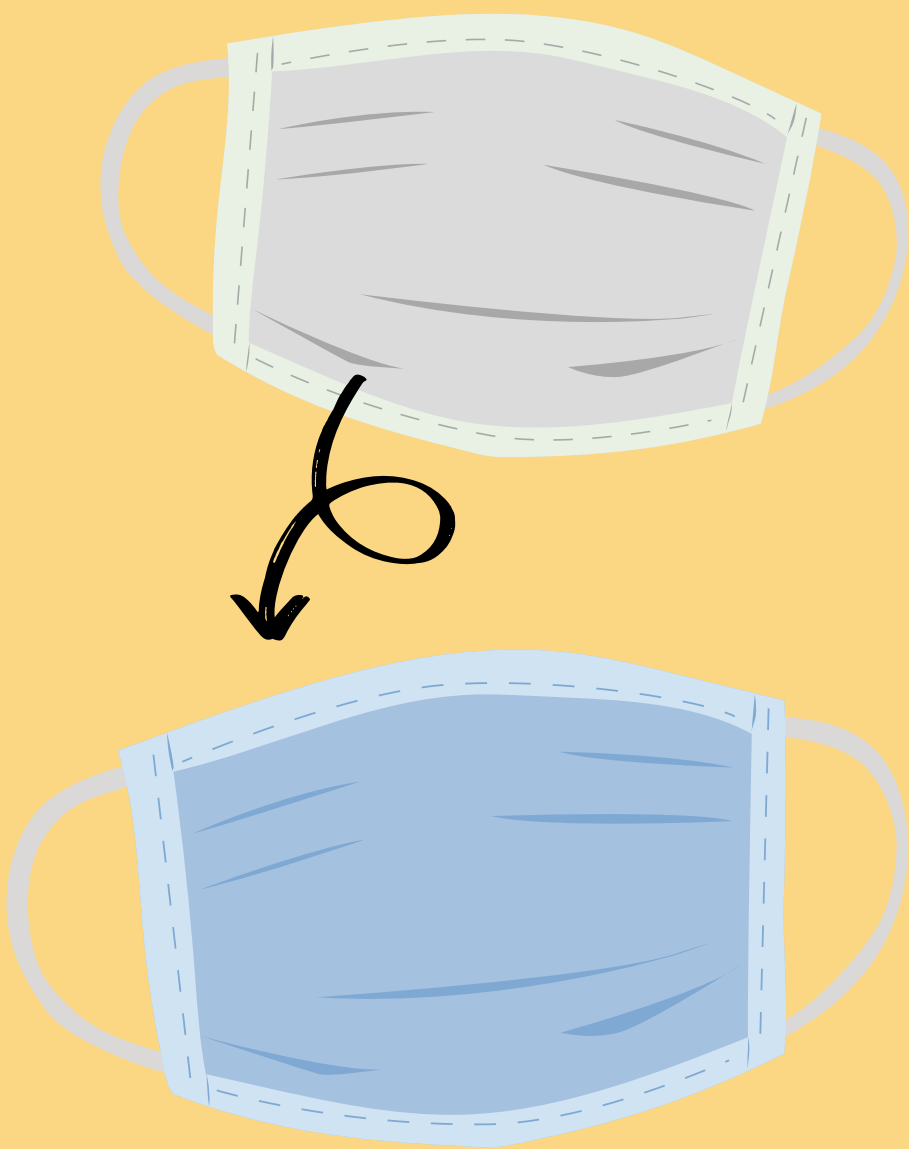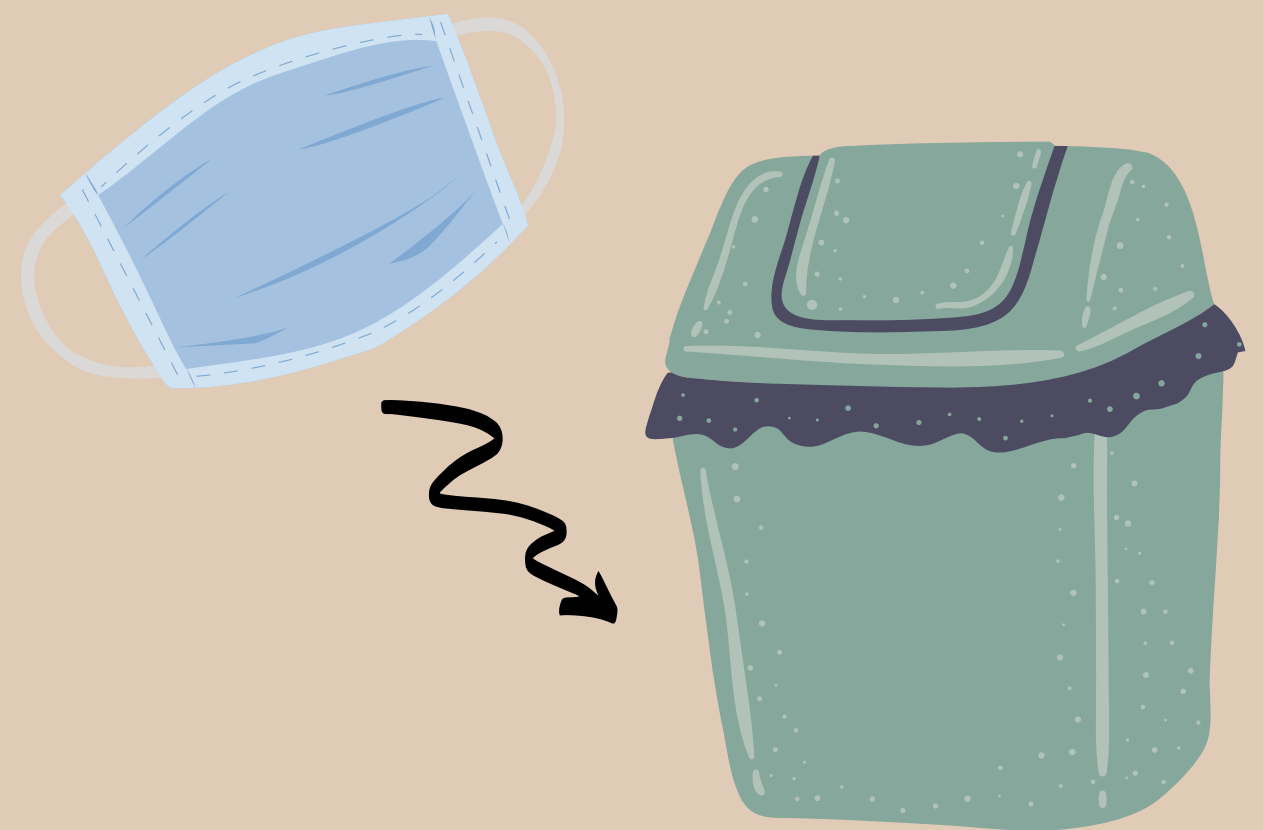3. **Clean hands** with a**lcohol-based hand rub** or **soap and water**.

A GUIDE TO MASK USE

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

NO GAPS!

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.