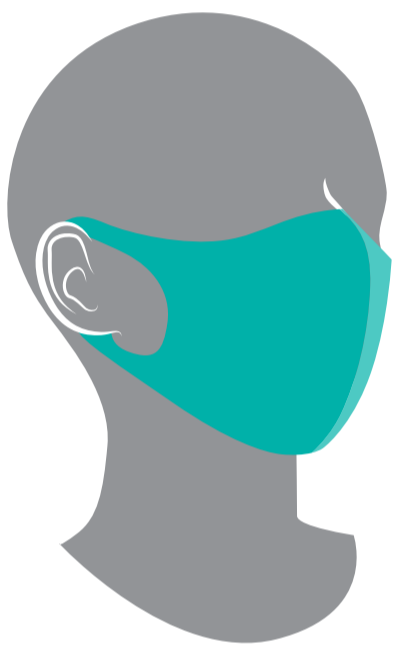


How to wear a face mask

1

**Wash hands
before putting
on your mask**



**Make sure it
covers your
nose and mouth**

and fits snugly under your chin,
over the bridge of your nose and
against the sides of your face

2

**Do not touch
the mask while
wearing it**

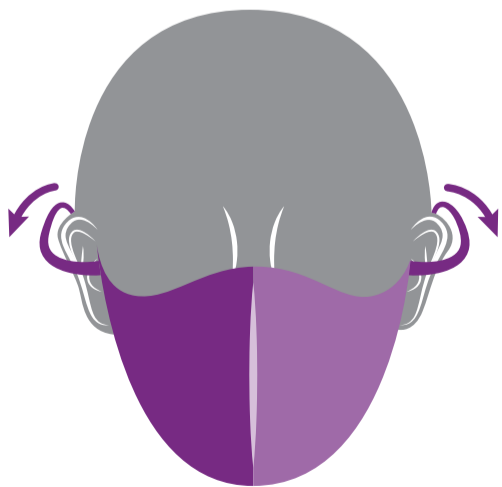
If you do touch the mask,
wash or sanitise your
hands immediately



3

**Remove the mask
by grasping the
ear loops or ties**

Wash or sanitise hands before
and after removing. Discard
disposable masks immediately.
Place reusable masks directly into
laundry and wash before reusing.



4

