

How to **safely wear** non-medical face mask

Do's



Clean your hands before touching the mask.



Inspect the mask for damage or dirt.

Adjust the mask to your face **without leaving gaps on the sides.**



Cover your **mouth, chin and nose.**



Avoid touching the mask.

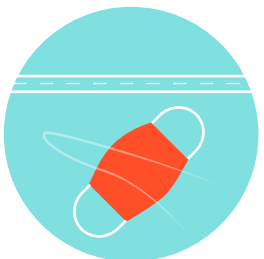


Clean your hands before removing the mask.

Remove the mask **by the straps** behind the ears or head.



Pull the mask **away from your face.**

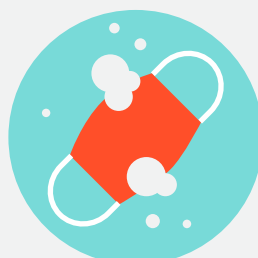


Store the mask in a clean resealable bag if it is not dirty or wet and you plan to reuse it.



Remove the mask **by the straps** when taking it out of the bag.

Wash the mask in soap or detergent, preferably with hot water, at least once a day.



Clean your hands after removing the mask.



A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 2-metres distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

Don'ts



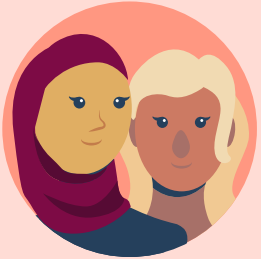
Do not use a **mask that looks damaged.**

Do not wear a **loose mask.**



Do not wear the mask **under the nose.**

Do not remove the mask when people are **within 2-metres.**



Do not use a mask that is **difficult to breathe through.**

Do not wear a **dirty or wet mask.**



Do not **share your mask** with others.

> **Slow the spread** <