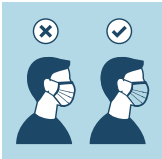


HOW TO WEAR A MASK SAFELY (MEDICAL MASK)



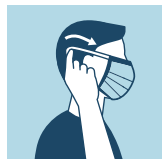
- Clean your hands before touching the mask.
- Inspect the mask for tears or holes.



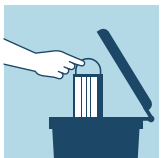
- Find the top side where the metal piece or stiff edge is.
- Ensure the coloured-side is faced outwards.
- Place the metal piece or stiff edge over your nose.



- Cover your mouth, nose and chin.
- Adjust the mask to your face without leaving gaps on the sides.



- Avoid touching the mask.
- Remove the mask from behind the ears or head.



- Keep the mask away from you and surfaces while removing it.
- Discard the mask immediately after use, preferably into a closed bin.



- Wash your hands after discarding the mask.



DO NOT

- Use a ripped or damp mask.
- Do not wear mask only over mouth or nose.
- Do not wear a loose mask.
- Do not touch the front of the mask.
- Do not remove the mask to talk to someone or do other things that would require touching the mask.
- Do not leave your mask within the reach of others.
- Do not reuse the mask.