

How to wear a Face Covering

 World Health Organization

How to put on, use, take off and dispose of a mask

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Before putting on a mask, wash hands with alcohol-based hand rub or soap and water
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Cover mouth and nose with mask and make sure there are no gaps between your face and the mask
Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water
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Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
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To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

HOW TO WEAR A MEDICAL MASK SAFELY

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Do's →

- Wash 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 colored-side faces 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

Don'ts →

- Do not use a ripped or damp mask
- Do not wear the 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 used mask within the reach of others
- Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

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