

COVID-19

HOW TO USE YOUR MASK CORRECTLY

How to put your mask on



1 Wash your hands thoroughly



2 Loop the elastic bands behind your ears

OR



Tie the laces at the back of your head and neck



3 Pinch the rigid edge, if it has one, onto your nose, pull the mask down below your chin and avoid touching it again

How to take your mask off



1 Wash your hands and then remove the mask, touching only the laces or elastic bands



2 After use, put it in a plastic bag and throw it away

OR



if it is made of fabric, wash it at 60° for 30 mins



3 Wash your hands thoroughly again

Masks are an additional means of protection, and do not replace barrier actions

