

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



Before putting on a mask, **clean hands with alcohol-based hand rub or soap and water**



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**



Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



Replace the mask with a **new one** as soon as it is damp and do not re-use single-use masks