

HOW TO WEAR A MASK



1
Clean your hands with
soap and water or hand
sanitiser



2
Hold the mask by the ear
loops and place a loop
around each ear



3
Mold or pinch the stiff
edge to the shape of your
nose



4
Pull the bottom of the
mask over your mouth
and chin



5
Avoid touching the front
of the mask when
wearing

HOW TO REMOVE A MASK



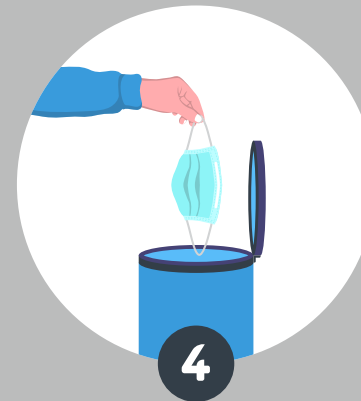
1
Clean your hands with
soap and water or hand
sanitiser



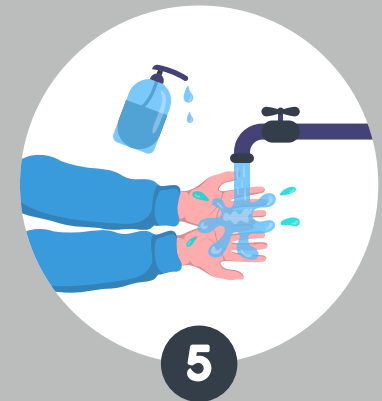
2
Avoid touching the front
of the mask. Only touch
the ear loops



3
Hold both of the ear
loops and gently lift and
remove the mask



4
**Throw mask in the bin or
put in a clean container
if reusable**



5
Clean your hands with
soap and water or hand
sanitiser