

# How to use a face mask



1. **Before use: Wash your hands or use hand sanitiser**
2. **Find out which side of the mask is the front. It is usually the coloured side**
3. **Cover your nose and mouth with the face mask and secure it behind your ears**
4. **Make sure the face mask sits tightly against your face**
5. **Do not touch the face mask during use. Change it often and always put on a new one if it gets wet or dirty**
6. **To remove the face mask, take hold of the elastic ear loops, and do not touch the face mask itself**
7. **After use: Wash your hands or use hand sanitiser**

*You can reuse a face mask if you are only going to wear it briefly, for example if you need to get up and go to the toilet at a restaurant. Keep it in a plastic bag or inner pocket. Always use hand sanitiser before and after use.*