

# 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.*