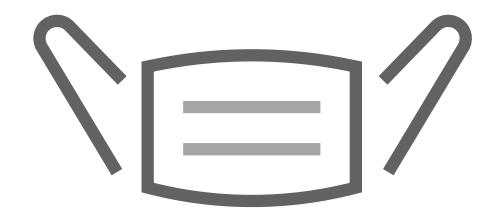


How to use a face mask



- 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
- 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.