

How to Put on a Mask



1

Clean your hands with soap and water or hand sanitizer



2

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



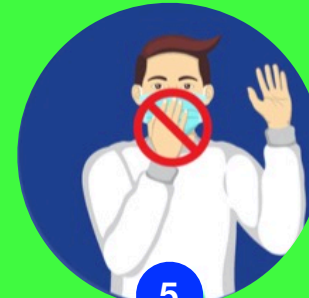
3

Mold the stiff edge of the mask to the shape of your nose



4

Make sure that the mask covers both your mouth and chin



5

Avoid touching your mask too often whilst wearing it

How to Remove a Mask



1

Clean your hands with soap and water or hand sanitizer



2

Avoid touching the front of the mask, try to touch only the ear loops



3

Hold both ear loops and lift, then remove the mask slowly



4

Be sure not to touch the nose and mouth cover area and throw the mask in the trash



5

Clean your hands with soap and water or hand sanitizer