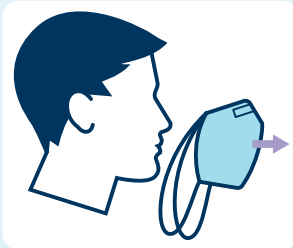


# How to safely use a surgical mask

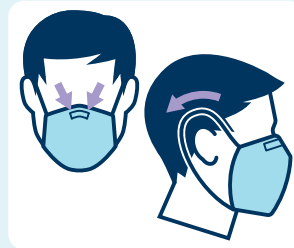
## To apply a mask



1. Perform hand hygiene before touching a mask.



2. Ensure coloured side of mask faces outwards.



3. Find top side metal piece. Bend metal piece over your nose, tie straps behind head and neck, or place ear loops over each ear.



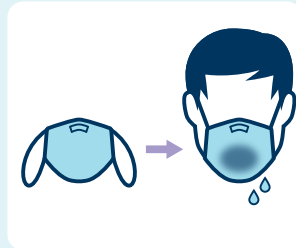
4. Adjust mask to cover your mouth, nose and chin without leaving gaps.

5. Perform hand hygiene

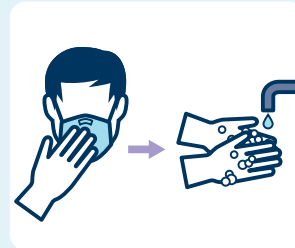
## Do



1. Wear the mask for up to four hours.



2. Replace the mask if it becomes soiled or damp, or when you need a drink or to take a break.



3. Avoid touching the mask. If you touch the mask accidentally or adjust it, perform hand hygiene.

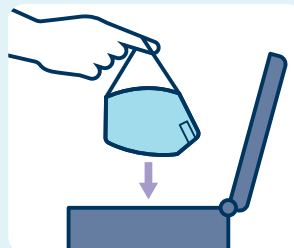
## To remove a mask



1. Perform hand hygiene before touching a mask.



2. Remove mask by ties or ear loops, without touching the front of mask. Suggested to lean forward as you pull mask away from your face.

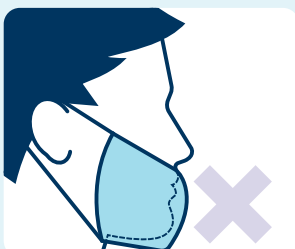


3. Discard mask into clinical waste.



4. Perform hand hygiene after discarding the mask.

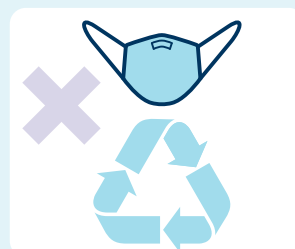
## Don't



1. Don't wear mask only over mouth or under chin.



2. Don't touch the front of mask. If you accidentally touch it perform hand hygiene.



3. Don't reapply mask after removal.

Perform hand hygiene means either using alcohol based hand rub or washing hands with soap and water.