

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

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Before putting on a mask,
clean hands with alcohol-based
hand rub or soap
and water



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Cover mouth and nose
with mask and make sure
there are no gaps
between your face and
the mask



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Avoid touching the mask
while using it;
if you do, clean your
hands with alcohol-based
hand rub or
soap and water



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Replace the mask with a
new one as soon as it is
damp and do not re-use
single-use masks



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To remove the mask: remove
it from behind (do not touch
the front of mask); discard
immediately in a closed bin;
clean hands with alcohol-
based hand rub or soap
and water

