

Facemask dos and don'ts



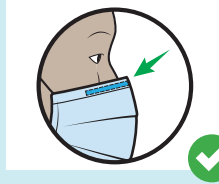
DO



Do wash your hands before touching the mask



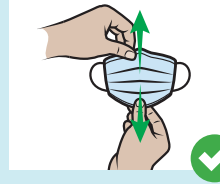
Do inspect the mask for tears and holes



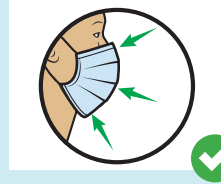
Do place the metal piece or stiff edge over your nose



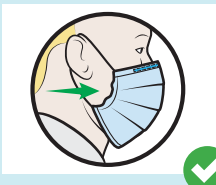
Do ensure the colored-side faces outwards



Do de-pleat the mask folds



Do cover your mouth, nose and chin



Do adjust the mask to your face without leaving large gaps on the sides



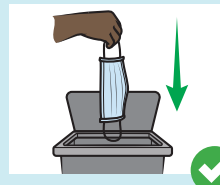
Do avoid touching the mask



Do remove the mask from behind the ears or head



Do keep the mask away from you and surfaces while removing it

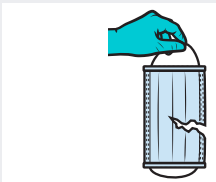


Do discard the mask immediately after use, preferably into a closed bin



Do wash your hands after discarding the mask

DON'T



Don't use a ripped or damp mask



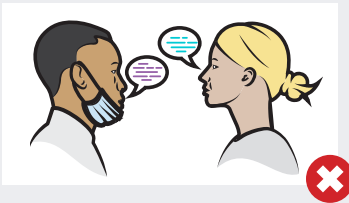
Don't wear the mask under nose or mouth



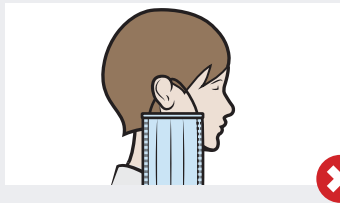
Don't wear a loose mask



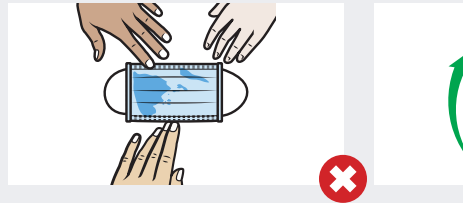
Don't touch the front of the mask



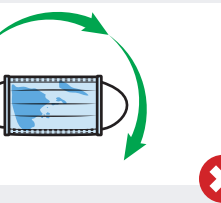
Don't remove the mask to talk to someone



Don't leave your mask hanging around your ear



Don't leave your used mask within reach of others



Don't re-use the mask



Remember that facemasks and other PPE are contaminated after use.

It is important to practice hand hygiene before and after removal, or if your hands touch the outside of your PPE.