

WEARING MASKS – DO IT RIGHT

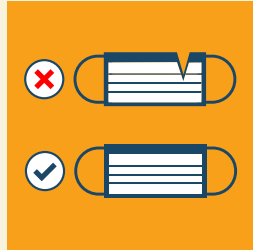


The **disposable surgical mask** is usually worn by sick people to protect others from cough, sneeze and other body fluid droplets. Surgical masks should be thrown away each day or after each visit to health care providers. Wear a **cloth mask** when going out in public during social distancing, to protect yourself and others from asymptomatic carriers.

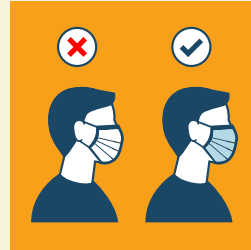
DONNING OR PUTTING ON THE MASK



Wash your hands with soap and water for at least 20 seconds.
Dry your hands with a clean paper towel and throw the paper towel away.



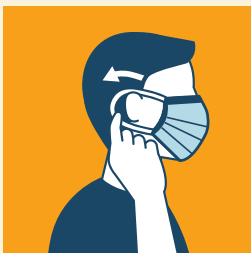
Check surgical masks for any defects and throw away defective masks.



Make sure mask exterior faces out.



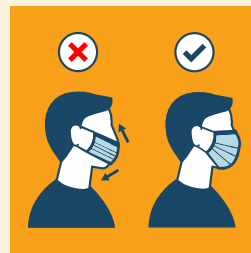
Place mask on your face. If mask has a bendable edge, put it on your nose.



Put one loop around each ear or tie the upper ties behind your head with a bow.



Pinch the bendable top edge of the mask around the bridge of your nose. Tie the lower ties behind your head with a bow.



Make sure the mask covers your nose and mouth so that the bottom edge is under your chin.



Wash your hands.

DOFFING OR REMOVING THE MASK



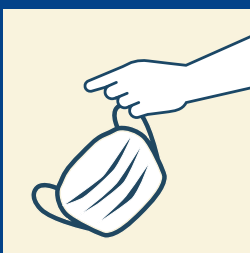
Wash your hands before removing the mask.



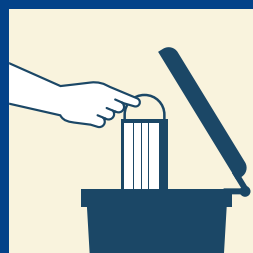
Don't touch the part of the mask covering the nose and mouth, it may be contaminated.



Untie or remove the ear loops and remove the mask by the straps.



Cloth masks can be removed and reused during the day. Wash hands, remove mask by straps, hang or place it away from others.



Throw **surgical masks** away after intended use (at hospital/clinic).

Wash **cloth masks** in a laundry bag in hot water, & fully dry on medium/high heat.



Wash your hands.