

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



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WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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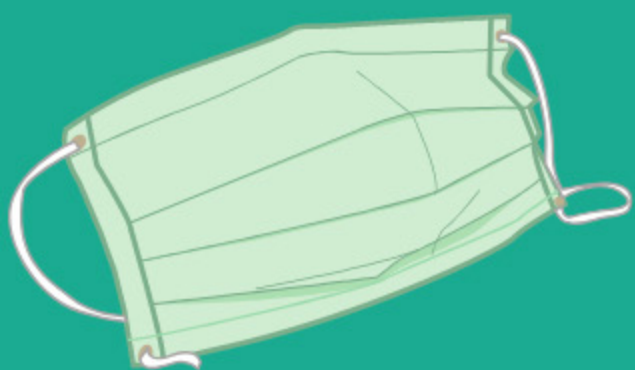
**Avoid touching the mask
while using it;
if you do, clean your
hands with alcohol-based
hand rub or
soap and water**



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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



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