

HOW TO WEAR A CLOTH MASK



- Thoroughly wash hands with soap and water before touching the mask
- Inspect the mask for any damage or dirt
- Adjust the mask without leaving gaps on the side
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Use the straps to remove the mask and pull it away from your face
- Store the mask in the clean resealable plastic bag if it is not dirty or wet, and you plan to re-use it
- Remove the mask from the bag by the straps
- Wash the mask with soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

SOURCE: WORLD HEALTH ORGANIZATION

