

HOW DO YOU PUT ON AND TAKE OFF A SINGLE USE MASK ?

TO BE CHANGED EVERY 4 HOURS OR AS SOON AS THE MASK IS DAMP



1

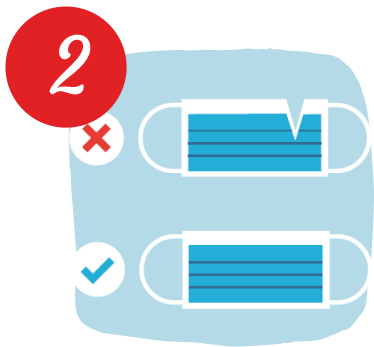
WASH

YOUR HANDS WITH WATER AND SOAP, OR WITH THE HELP OF HAND SANITISER FOR AT LEAST 20 SECONDS



6

DON'T TOUCH YOUR MASK ONCE ADJUSTED



2

CHECK THE CONDITION OF YOUR MASK, THERE MUST BE NO DAMAGE, HOLES, OR TEARS



7

WASH YOUR HANDS BEFORE AND AFTER EACH MOVEMENT IN CASE OF IRRITATION OR LIFTING



3

CHECK IT'S THE RIGHT WAY ROUND : THE METALLIC BAR MUST BE AT THE TOP, TO FIT WITH THE TOP OF YOUR NOSE AND WITH THE COLOURED PART, OR PART MARKED EXTERNAL, TO THE OUTSIDE



8

TAKE IT OFF BY HOLDING IT BY THE FASTENINGS AND OR THE EDGES : DON'T TOUCH THE PART THAT COVERED YOUR MOUTH AND YOUR NOSE, BECAUSE IT COULD BE CONTAMINATED



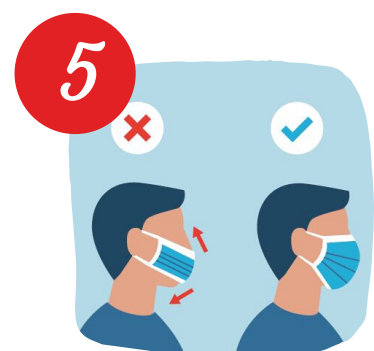
4

PUT YOUR MASK ON YOUR FACE: HOLD IT BY THE FASTNERS OR THE ELASTICS AND COVER YOUR ENTIRE FACE, YOUR MOUTH AND YOUR CHIN



9

THROW IT AWAY: IT IS DESIGNED TO BE USED ONLY ONCE



5

ADJUST THE STRAP FOR THE NOSE USING YOUR INDEX FINGER AND YOUR THUMB TO PINCH THE RIGID PART AT THE TOP OF THE MASK AND MOULD IT AROUND THE TOP OF YOUR NOSE



10

WASH YOUR HANDS ONCE AGAIN: TO BE SURE THAT THEY ARE CLEAN AND THAT YOU HAVEN'T CONTAMINATED THEM BY TOUCHING YOUR MASK

REMEMBER, wearing a mask is always in compliment to the protection measures : washing hands regularly and social distancing (at least a metre between each person)



International Federation
of Red Cross and Red Crescent Societies
Global First Aid Reference Centre