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.

2. Check the condition of your mask, there must be no damage, holes, or tears.

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.

4. Put your mask on your face: hold it by the fasteners or the elastics and cover your entire face, your mouth and your chin.

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.

6. Don't touch your mask once adjusted.

7. Wash your hands before and after each movement in case of irritation or lifting.

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.

9. Throw it away: it is designed to be used only once.

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).