

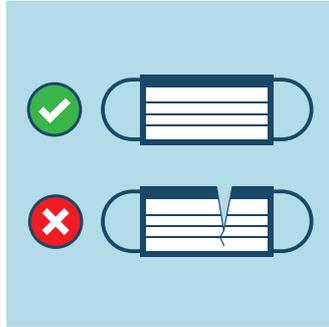
DISPOSABLE FACE MASK USER INSTRUCTIONS

Haines[®]
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HOW TO FIT A MASK



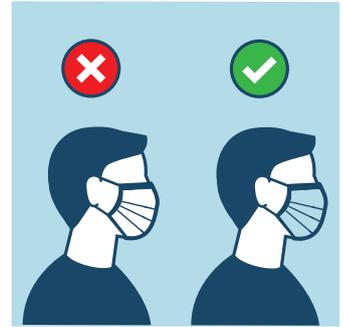
- 1** Clean your hands with soap and water or hand sanitizer before touching the mask.



- 2** Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.



- 3** Make sure the stiff bendable edge is at the top of the mask, this is meant to mould to the bridge of your nose.



- 4** Position the coloured side of the mask to the front and should face away from you, while the white side touches your face.



- 5** Follow the instructions below for the type of mask you are using:

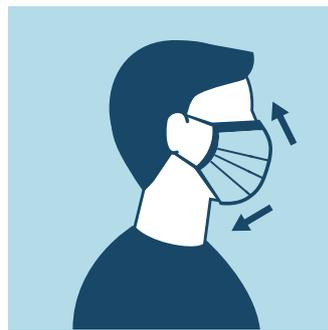
Face mask with EAR LOOPS:
Hold the mask by the ear loops. Place a loop around each ear.

Face mask with TIES: Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.



- 6** Mould or pinch the bendable edge to the shape of the bridge of your nose.

Face mask with TIES: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.



- 7** Pull the bottom of the mask over your mouth and chin and fit snugly.



- 8** Don't touch the mask once in position.



- 9** If the mask gets soiled or damp, replace it with a new one.

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HOW TO REMOVE A MASK



1 Before you take off the mask, wash your hands well or use hand sanitiser.

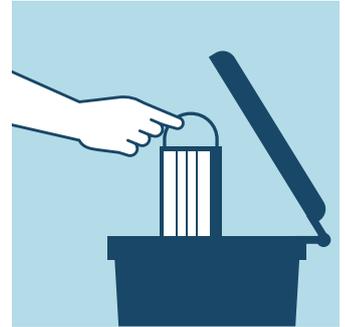


2 Avoid touching the front of the mask, as it could be contaminated. Hold it by the loops, or ties only.



3 Carefully remove the mask from your face once you:

- unhook both ear loops, or
- untie the bottom bow first, followed by the top one.



4 Holding the mask loops, or ties, discard the mask by placing it in the appropriate medical bin.



5 After removing the mask, wash your hands thoroughly or use hand sanitiser.



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