

HOW TO WEAR A FACE MASK

STEP 1

Wash your hands with soap and water or clean with a sanitiser before touching the mask.



STEP 2

With the inside of the mask facing you and the edge with the soft metal wire on top, place the mask against your nose and mouth.



STEP 3

Loop the straps around your ears and make sure they hang comfortably.



STEP 4

Press the wire gently against the bridge of your nose and adjust your mask so that it fits snugly on your face.



HOW TO REMOVE A FACE MASK

STEP 1

Wash your hands with soap and water or clean with a sanitiser before touching the mask.



STEP 2

Remove the loops from behind your ears. Lift the mask away from your face, taking care to avoid touching the front of the mask.



STEP 3

Wash the mask and make sure it is dry before reusing.

