SIMPLE INSTRUCTIONS ON **HOW TO USE A FACE MASK**

DO make sure the mask covers your nose, mouth and chin completely

USE a MASK only if you are sneezing or coughing or if you are sick, to avoid infecting others

USE a mask where social distancing is practically impossible

USE a MEDICAL MASK only when you are caring for a sick person

REMOVE the mask by pulling on the string from behind your head and not by touching the surface of the mask

DISPOSE a used mask in a covered waste bin immediately after removing it from your face

WASH your hands **before** putting on the mask and **after** removing the mask from your face

If you use a cloth mask, make sure to wash it separately with soap and disinfectant before using it again

USE a NEW mask each time if you are using a disposable mask

DO remove and replace your mask when it is damp or wet

Wearing a face mask CORRECTLY, in addition to good hand hygiene practices and physical distancing can help prevent the spread of #COVID19 to others.