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.