

HOW TO WEAR A FACE MASK



Getting Started



Wash your hands with soap and water or sanitiser.



Place the face mask over your nose and mouth.



Secure mask with ties or ear loops.



The mask should fully cover your nose, mouth and chin.

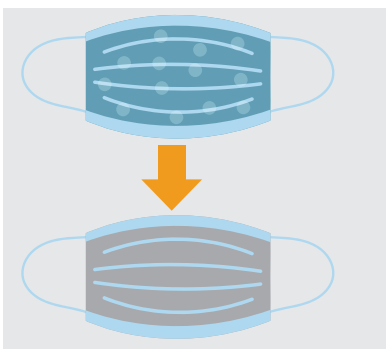


Avoid touching the front of the mask or your face while wearing.

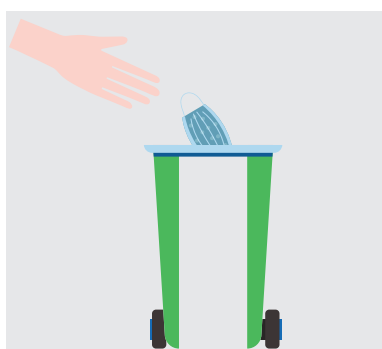


Change mask if it becomes damp, damaged or dirty.

Remove & Dispose



Take your mask off from behind and pull it away from your face. Do not touch the front of the mask.



Dispose of single-use masks. Put it in a rubbish bin with a closed lid, or in a sealed bag and throw it out.



Wash your hands with soap and water or sanitiser.

Your health is important to us, the above information should be used as a guide only and does not represent medical advice.