

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



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WHEN TO USE A MASK

For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection

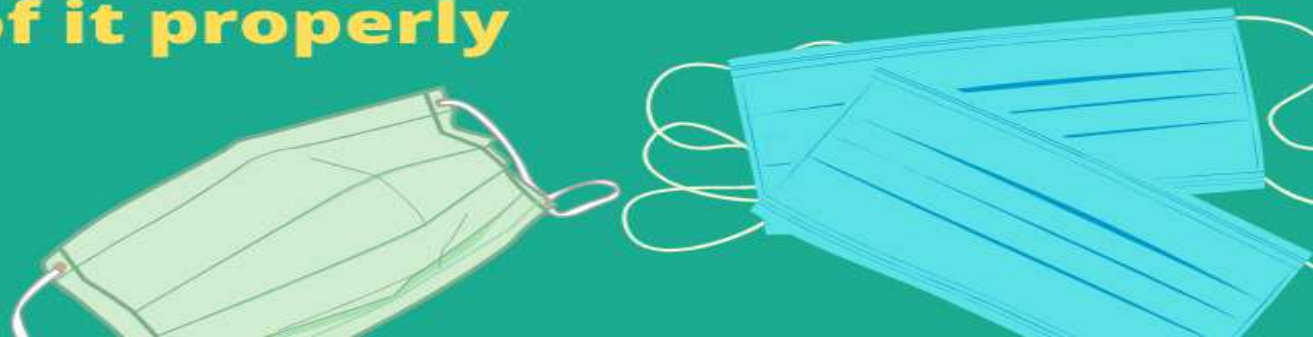
Wear a mask, if you are coughing or sneezing

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

If you wear a mask then you must know how to use it and dispose of it properly



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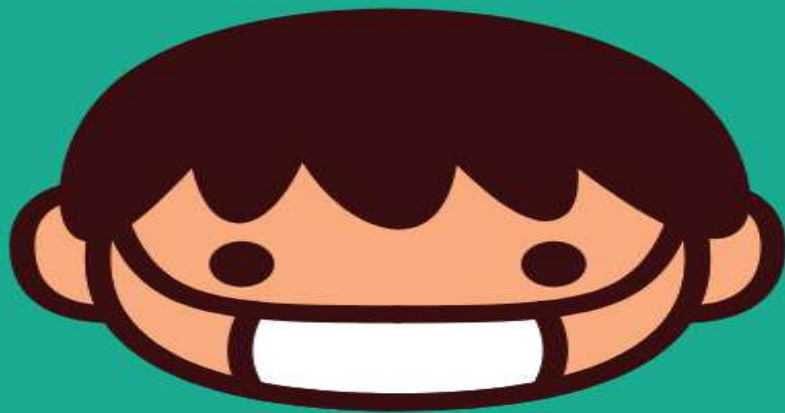
**Before putting on a mask,
clean hands with alcohol-
based hand rub or soap
and water**



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**Cover mouth and nose
with mask and make sure
there are no gaps
between your face and
the mask**



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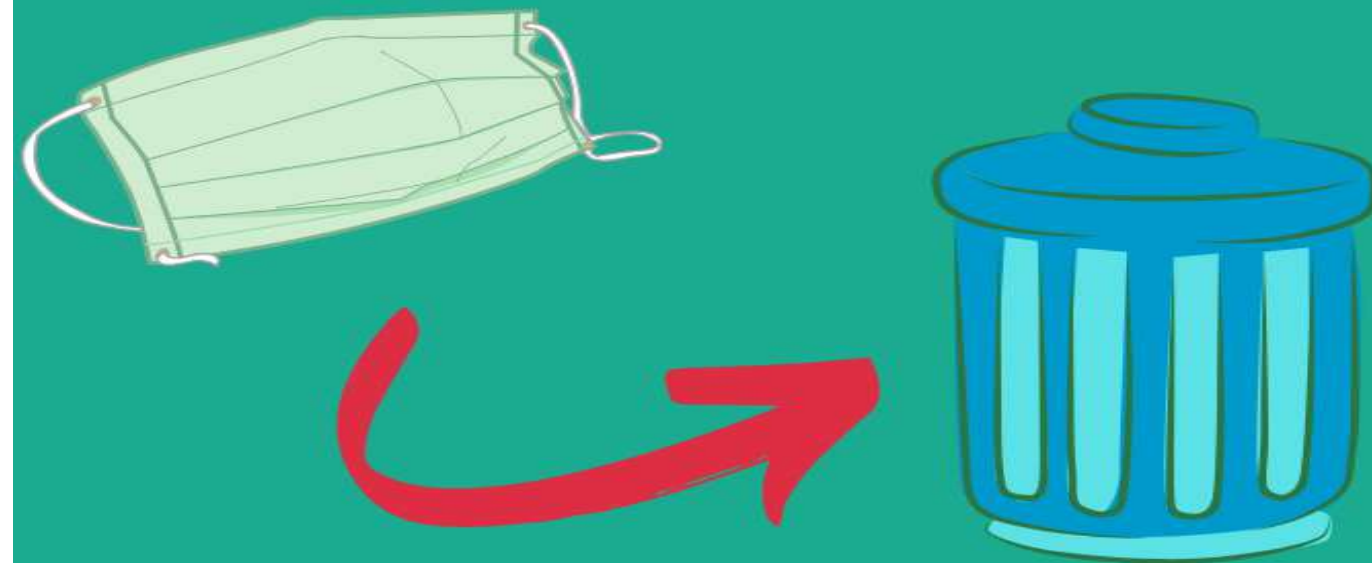
Avoid touching the mask while using it;
if you do, clean your hands with alcohol-based hand rub or soap and water



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Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



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To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



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