#StopTheSpread

How to use a mask?

Source: World Health Organization





Clean hands with alcohol-based hand rub or soap and water.



- 1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
- 2. **Avoid touching the mask**. If you do, clean your hands with alcohol-based hand rub or soap and water.
- 3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**





To dispose of the mask:

- 1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
- 2. Discard the mask **immediately** in a closed bin.
- 3. Clean hands with alcohol-based hand rub or soap and water.

