

# **USING A FACE MASK EFFECTIVELY**

- 1.** Wear a mask if you are coughing or sneezing.
- 2.** Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- 3.** If you wear a mask, then you must know how to use it and dispose of it properly.
- 4.** If you decide you're going to wear one, **clean your hands first** with alcohol-based hand rub or soap and water.
- 5.** Cover your mouth and nose with the mask, ensuring there are **no gaps at all between your face and the mask**. It must be snug.
  - Once you've got it on, you must **avoid touching it**.
  - **Don't take breaks** by dangling it under your chin or pulling it off to the side.
  - The more you touch your face, the less effective it will be.
- 6.** If you **must** adjust it, you need to **thoroughly clean your hands again** before touching it.
- 7.** **Replace the mask** with a new one as soon as it is damp and do not reuse single-use masks.
- 8.** **To remove the mask, remove it from behind (do not touch the front of mask) and discard immediately in a closed bin.**

Adapted from

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

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