Using a face mask

Do this

1. Disinfect or wash your hands with soap.
2. Cover both the nose and mouth.
3. Remove the mask from behind by unhooking the elastic bands.
4. Discard the mask after use.
5. Repeat starting from point 1, if necessary.

Do not do this

- Do not leave nose or mouth uncovered.
- Do not place the mask around neck.
- Do not touch the mask during use.
- Do not move the mask from neck to face.