How to properly use a protective face mask

If you are coughing, sneezing or have flu-like symptoms, you are asked to wear a face mask. Here are important tips for proper use:

1. Before putting on a mask, clean your hands with alcohol-based hand sanitizer or soap and water.

2. The colored side of the mask should face out and the adjustable nose strip should go across the bridge of your nose. Cover your mouth and nose and make sure there are no gaps between your face and the mask.

   Avoid touching the mask while using it. If you do, clean your hands with alcohol-based hand sanitizer or soap and water.

   Replace the mask with a new one as soon as it is damp and don't re-use single-use masks.

3. To remove the mask, remove it from behind. Do not touch the front of the mask. Discard immediately in a closed bin. After disposal, clean hands with alcohol-based hand sanitizer or soap and water.

Source: World Health Organization

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