How to Wear a Surgical Mask

1. Wash your hands before wearing a mask.
2. Ensure the coloured side of the mask faces outwards.
3. Locate the metal band and place it on the nose bridge.
4. Secure the elastic loops over your ears.
5. Cover mouth, nose and chin fully, making sure there are no gaps.
6. Press the metal band to fit the shape of the nose.
7. Remove the mask from behind by only holding the ear loops.
8. Dispose the mask in the garbage and then wash your hands.
9. Surgical mask placed correctly.
10. Do not touch the mask while wearing it. If you do, wash your hands.
11. Replace the mask if it gets damp and do not reuse it.

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