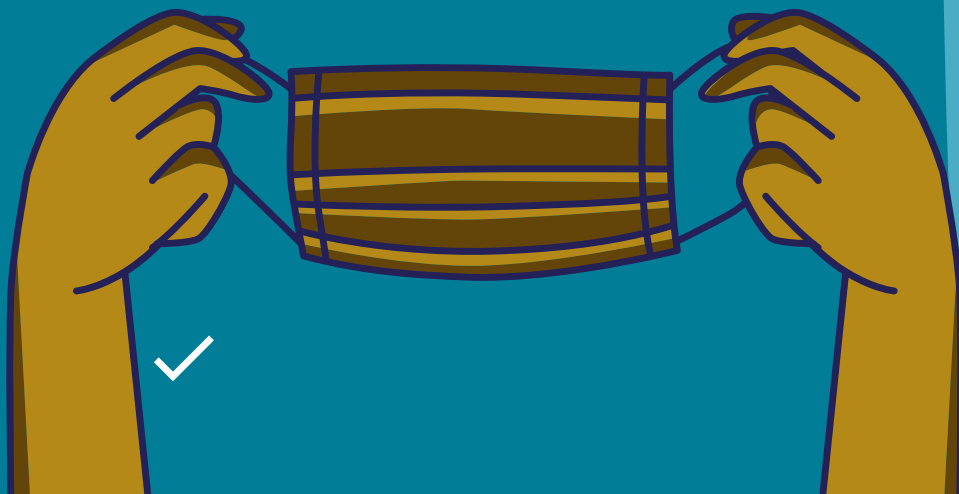# How to Safely Wear a Medical Mask

Source: World Health Organization

Do's

✓ Thoroughly wash hands with soap and water before touching the mask. If water is not available, use hand sanitizer with an alcohol content of at least 60%. Let the hand sanitizer completely dry on your hands, prior to putting the mask on.

✓ Visually check the mask for any tears or holes.

✓ Minimize touching of the mask. Try to only touch the ear-loops if possible.

✓ Find the top side where the metal piece or stiff edge is (the part that goes over the top of your nose).

✓ Ensure that the colored side faces outwards

✓ Place the metal piece/stiff edge over your nose. Bend the metal piece so that it has a proper fit, without touching your face or the front of the mask (touch only the nose piece, over the bridge of your nose.).

✓ Cover your mouth, nose, and chin.

✓ Avoid touching the mask

✓ Adjust the mask without leaving gaps on the side.

✓ When it is time to remove the mask, use the ear straps to remove the mask. Do NOT touch your face or the mask with dirty gloves.

Do's

✓ Keep the mask away from you or any surface when removing it

✓ Discard the mask immediately after use, preferably into a closed bin

✓ Wash your hands after

Dont's

✗ Do not use a ripped or damp mask

✗ Do not wear the mask only over mouth or nose (both must be covered)

✗ Do not wear a loose mask

✗ Do not touch the front of the mask, or itch/scratch under the mask.

✗ Do not do other things that will require touching the mask

✗ Do not leave used mask within the reach of others

✗ Do not re-use the mask

✗ Do not remove a mask when you cough or sneeze.