

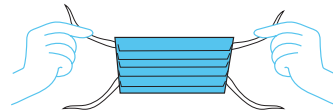
# How to fit and remove a disposable face mask

## Fitting mask:

Step 1: Clean your hands with soap and water or hand sanitiser.



Step 2: Hold your mask by the ear loops or ties. Check the pleats to ensure that the folds on the outside of the mask point downwards.



Step 3: Place securely behind your ears (for the loops) or tie securely behind your head for the ties.



Step 4: Once the mask is in place, use your index finger and thumb to pinch the bendable top edge of the mask around the bridge of your nose.

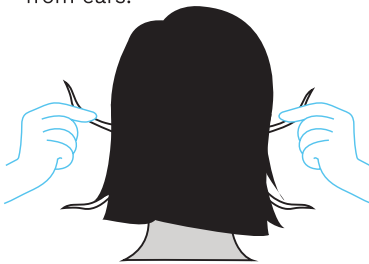


Step 5: Pull the bottom of the mask over your chin.



## Removing and disposing of mask:

Step 6: With clean hands, from the back of the head undo ties or remove loops from ears.



Step 7: Do not touch the front of the mask, eyes, nose and mouth when removing your mask.



Step 8: Discard in appropriate waste receptacle.



Step 9: Clean your hands with soap and water or hand sanitiser.



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