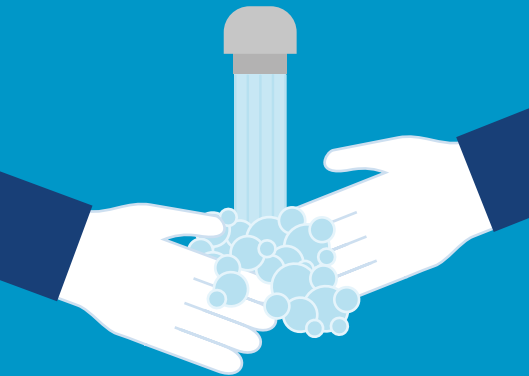


# Tips for wearing a face mask

## WASH YOUR HANDS

with soap and water  
or sanitiser.



## PLACE THE FACE MASK

over your nose and  
mouth.



## SECURE MASK

with ties or ear loops.



## MASK SHOULD COVER

nose mouth and chin.



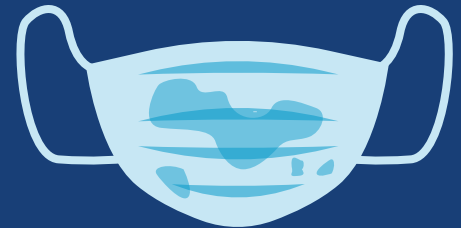
## AVOID TOUCHING

the mask or your face



## CHANGE YOUR MASK

if it becomes damp,  
damaged or dirty.



## PULL AWAY FROM FACE

to remove mask.  
Don't touch the front.



## THROW AWAY

disposable masks in a  
rubbish bin with a lid or  
a sealed bag



## WASH YOUR HANDS

with soap and water  
or sanitiser.

