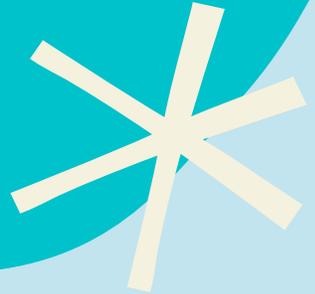
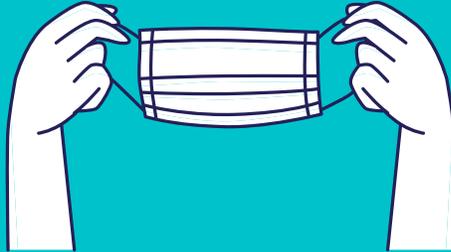


# How to safely wear a medical mask

Source: World Health Organization



- 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
- Ensure that the colored side faces outwards
- Place the metal piece/stiff edge over your nose
- Cover your mouth, nose, and chin
- Thoroughly wash hands with soap and water before touching the mask
- Check the mask for any tears or holes
- Find the top side where the metal piece or stiff edge is
- Adjust the mask without leaving gaps on the side
- Avoid touching the mask
- Use the straps to remove the mask