

Using face masks

Only wear a clean mask, and do not re-use disposable products

Always follow manufacturer's instructions



How to put on a mask

Wash your hands before putting on your mask.

- 1 Place the mask over your nose and mouth, ensuring the correct side is facing outwards.
- 2 Shape the top edge of the mask to the bridge of your nose.
- 3 Tie the top strings in a bow at the back of your head. The strings should sit above your ears.
- 4 Tie the bottom strings in a bow at the back of your neck. The strings should sit below your ears.
- 5 Make sure the mask fits snugly around the face and below chin.
- 6 Once you have put the mask on, do NOT touch the front.



How to remove a mask

The front of the mask may be contaminated – DO NOT TOUCH.

Wash your hands before taking your mask off.

- 1 Grasp the ties and undo the bows – undo the bottom strings first, then the top.
- 2 Remove the mask without touching the front.
- 3 Hold the mask by the strings and drop it into the waste container.
- 4 Wash your hands or use alcohol based hand sanitiser immediately.



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WORLDWIDE REACH. HUMAN TOUCH.