



PUTTING ON A MASK

To stop germs spreading, sometimes you might need to use a mask. Here are some tips on how to use a mask the right way.



1. Clean or sanitise your hands



2. Take a mask from the box



3. Hold the mask with the coloured side away from you



4. Spread out the folds of the mask by pulling the top and bottom of the mask apart



5. Put the mask over your nose and mouth



6. Squeeze the hard section around the bridge of your nose to make it fit snugly



7. Tie up the top strings first in a bow at the back of your head. The top strings sit above your ears



8. Tie the bottom strings in a bow. Ensure the strings sit beneath your ears



9. This is how your mask should be securely positioned

WEARING A MASK. Do not touch the mask once you have it on, as it contains germs. If you touch the mask you must clean your hands.

