

Putting on a surgical mask



1 Clean your hands with **soap and water** or **hand sanitiser** before touching the mask



2 Hold the mask with the **stiff bendable strip on top** and the **coloured side facing outwards**



If the surgical mask has ear loops

Hold it by the ear loops, and place a loop around each ear

If the surgical mask has ties

Bring the mask to your nose and place the ties over the crown of your head, and secure by tying them in a bow



If the surgical mask has elastic bands

Bring the mask to your nose and pull the top band over your head and let it rest on the crown of your head. Then pull the bottom strap over your head and let it rest on the nape of your neck



4 Mould or **pinch the nose strip** to conform to the shape of your nose



5 Pull the bottom of the surgical mask **over your mouth and chin**

Taking off a surgical mask

After use the mask will be dirty / contaminated and must be removed and disposed of in a domestic waste bin

Clean your hands with soap and water or hand sanitiser before touching the mask

AVOID touching the front of the mask

Only touch the ear loops / ear ties / ear bands

If it has ear loops: Hold and unhook both ear loops and gently lift the mask away from your face

If it has ties: Untie the bottom bow first, followed by the top bow, before pulling the mask away from your face

If it has elastic bands: Lift the bottom strap over your head first and then pull the top strap over your head

Holding the mask only by the ear loops / ear ties / ear bands, **dispose of the mask in the trash**

Clean your hands with **soap and water** or hand sanitiser **again** before touching anything else



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PROTECT YOURSELF & OTHERS