When to wear a mask?
1. If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection.
2. Wear a mask if you are coughing or sneezing.
3. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
4. If you wear a mask, then you must know how to use it and dispose of properly.

How to wear a mask?
- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Stay protected! Stay safe from Coronavirus!

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