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 sanitizer immediately.