

# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



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# WHEN TO USE A MASK

For healthy people wear a mask **only** if you are **taking care of a person with suspected 2019-nCoV infection**

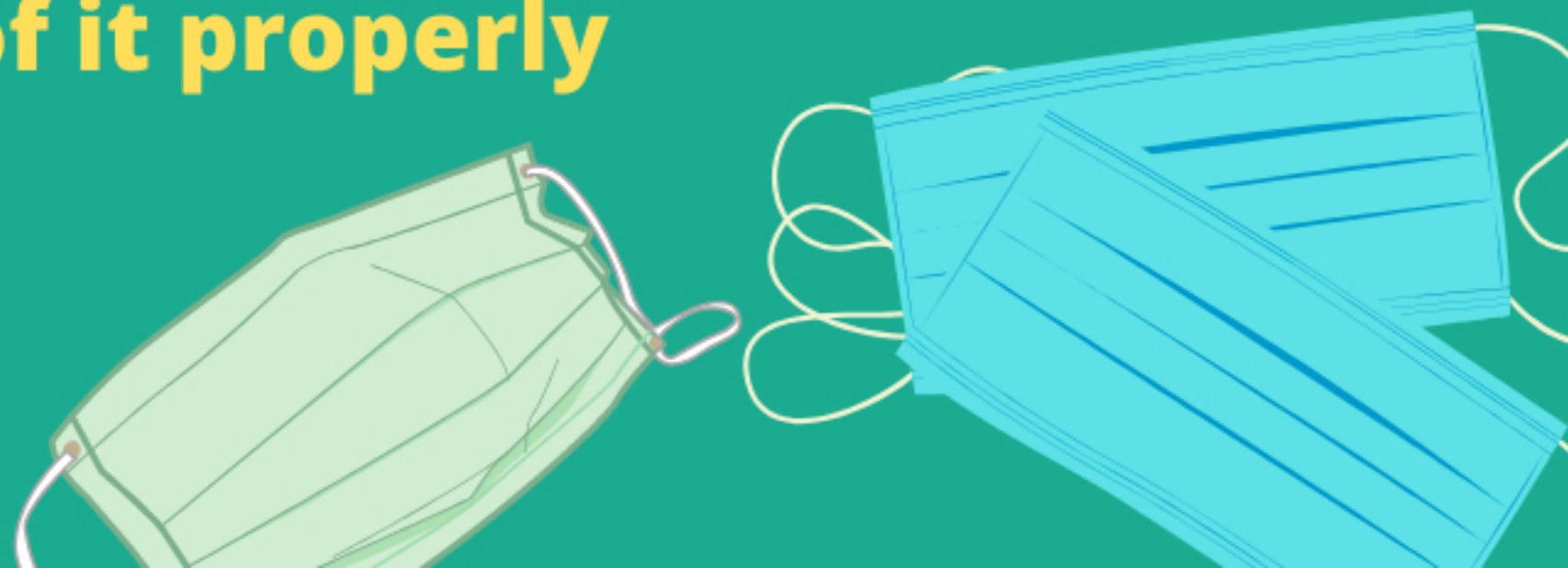
Wear a mask, **if you are coughing or sneezing**

Masks are effective **only** when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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**HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK**

**Before putting on a mask,  
clean hands with alcohol-  
based hand rub or soap  
and water**



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## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Cover mouth and nose  
with mask and **make sure**  
**there are no gaps**  
**between your face and**  
**the mask****



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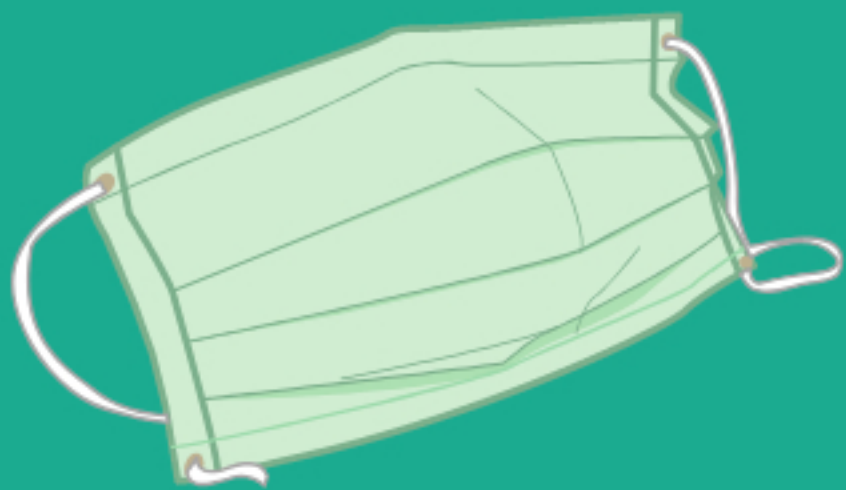
**Avoid touching the mask while using it;**  
**if you do, clean your hands with alcohol-based hand rub or soap and water**



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## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Replace the mask with a new one as soon as it is damp and do not re-use single-use masks**



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## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

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**



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