



HOW TO PUT ON, USE, TAKE OFF & DISPOSE OFF A MASK

WHEN TO WEAR A MASK

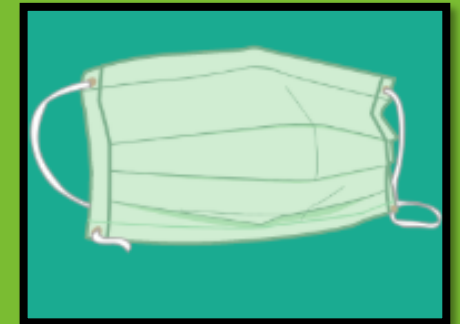
1. Healthy people wear mask if taking care of suspected cases of Corona Virus (Covid-19) infection



2. Wear a mask if you are coughing or sneezing or if you have fever, runny nose. Do not wear mask while sleeping



3. Wear a mask if you are going out so that if you touch things outside you do not touch your face or if someone coughs or sneezes droplets don't come on you directly. Remove mask when back home, wash hands immediately with soap and water



4. Avoid wearing mask for the whole day, it is important to breathe fresh air

HOW TO WEAR AND DISPOSE OFF A MASK



Before putting on a mask clean your hands with soap & water for minimum 20 seconds



Cover mouth, nose and chin with mask & make sure there are no gaps between your face and mask



Avoid touching the mask again and again, if you do, wash your hands with soap & water



1. Remove a used mask only by holding from ear loops. Do not touch front. Keep it in a dry, clean & hygienic place
2. Do not reuse damp or dirty mask (if using disposable ones). Throw it in the bin & immediately wash hands
- 3.. If it is of cloth wash it thoroughly with soap & water frequently
4. **DO NOT WEAR A DIRTY OR SOILED MASK. THROW IT IN THE BIN IF ITS GETS SPOILED AND WASH HANDS**
5. Do not wear someone else's mask