

How to wear a surgical mask throughout the day



Always perform good hand hygiene before and after you put the mask on or take it off.



Be sure the mask is fitted over your ears and covers your nose and mouth.



Keep the mask with you throughout the day.



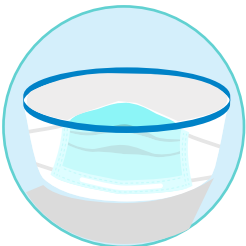
Once the mask is on, try not to touch or adjust it.



Avoid pulling it down or tucking it below your chin – the mask should either be fully on or taken off.



Gently remove the mask for breaks and meals.



Take care to keep the mask clean and dry – store the mask in an open bag or container (avoid sealed plastic bags).



Discard and replace a mask if:

- It's soiled or damaged.
- You have used it for one week.