

## How to use a face mask



Wash or disinfect hands before touching or applying the mask.



Ensure the proper side of the mask faces outwards - it is usually colored.



Locate the nose piece and place it on the bridge of the nose.



Secure the earloops behind the ears.



Unfold the mask, making sure it fully covers the mouth and nose without gaps.



Pinch the nose piece to adjust it the shape of the nose.



Remove the mask from behind by the earloops.
Avoid touching the mask.



Dispose of the mask in a closed trash can without touching the trash can.



Wash or disinfect hands.



Avoid touching the mask during use. If you do, wash or disinfect hands.



Replace the mask if it gets damp. Do not reuse it.