

Novel Coronavirus Disease COVID-19

When and how to wear a mask?

When to wear a mask?

1. If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection
2. Wear a mask if you are coughing or sneezing
3. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water
4. If you wear a mask, then you must know how to use it and dispose off properly



How to wear a mask?



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



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



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



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



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

**Stay
protected!**

**Stay safe from
Coronavirus!**



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