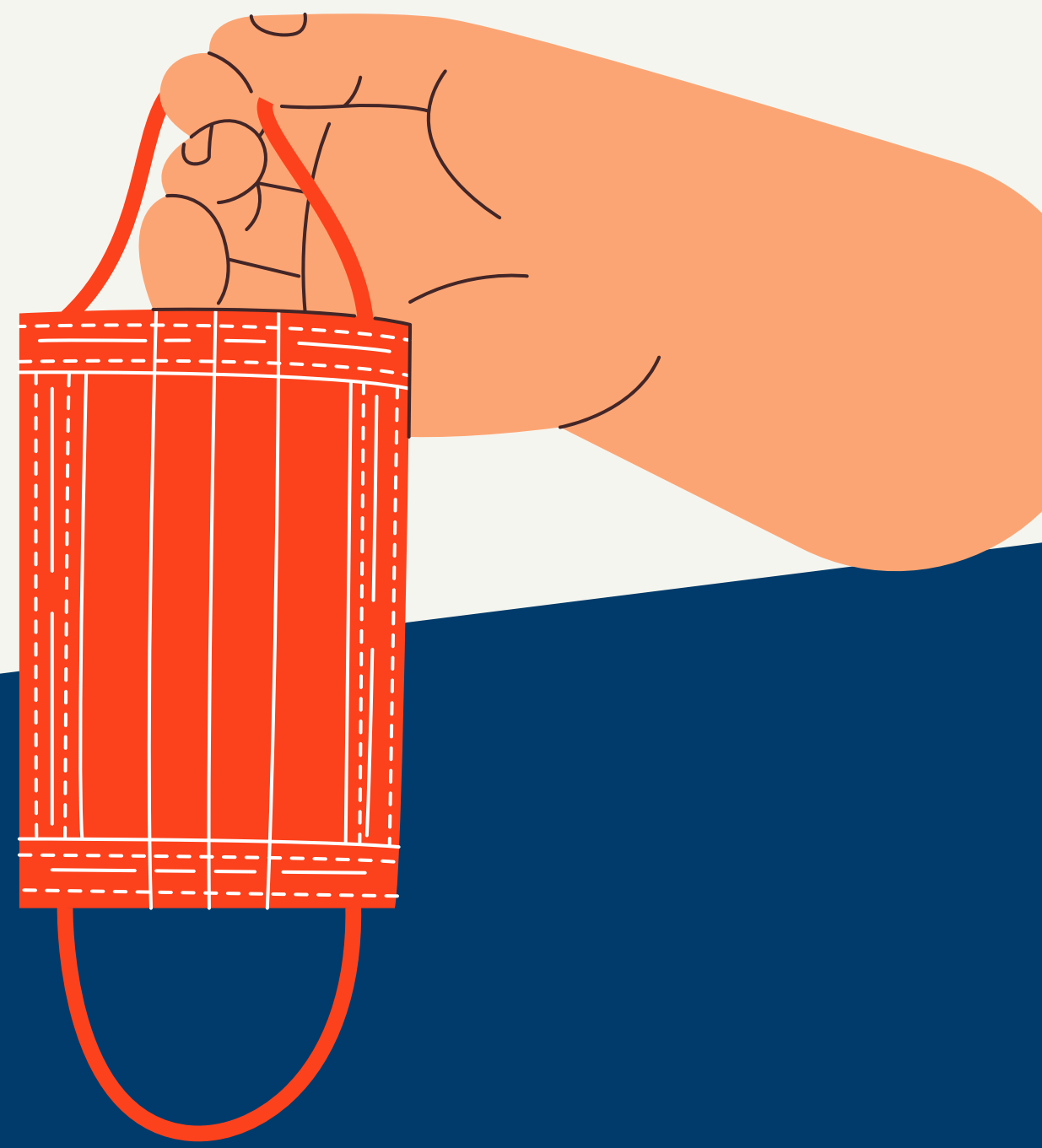# #StopTheSpread

How to use a mask?

Source: World Health Organization

Before Putting on a Mask:

Clean hands with **alcohol-based hand sanitizer** or **soap and water.**

While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.

2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.

3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**

To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**

2. Discard the mask **immediately** in a closed bin.

3. **Clean hands** with **alcohol-based hand rub** or **soap and water**.