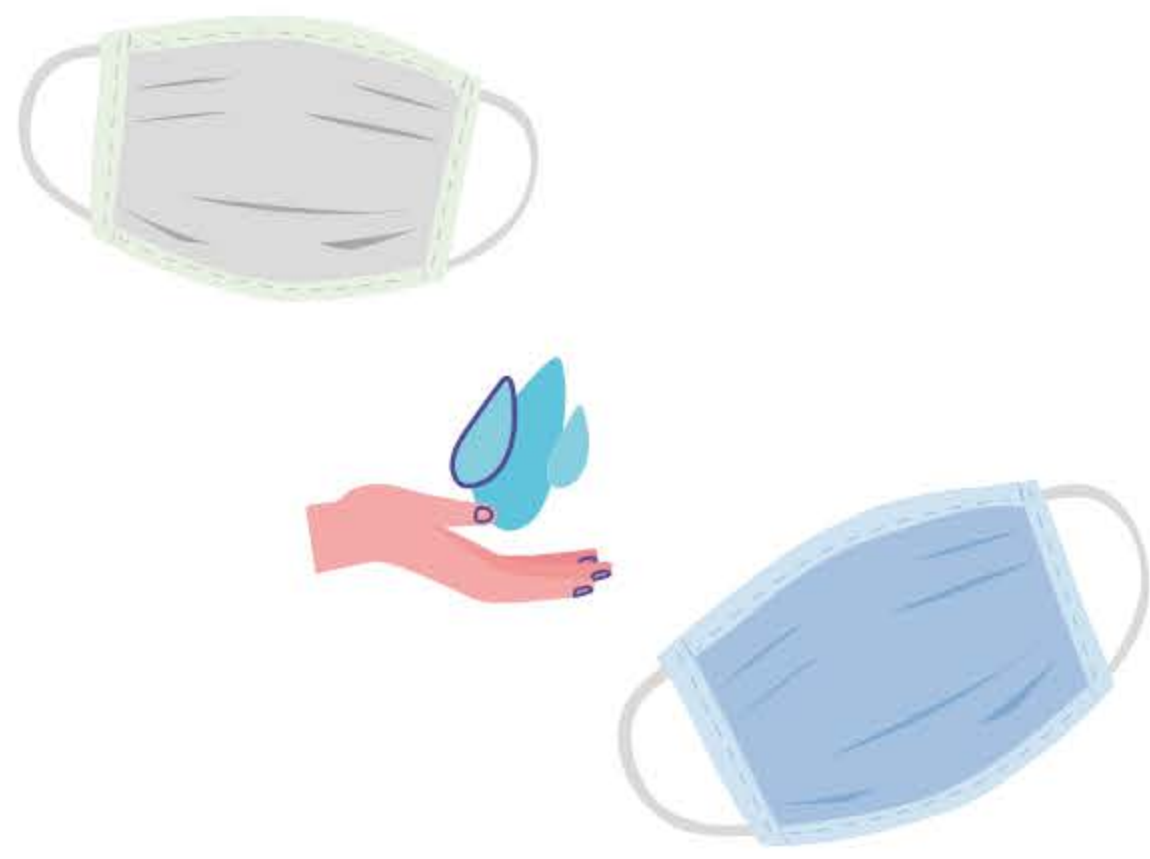


# steps to care for your facemask



## Chose the correct mask

- Your mask must not be too tight or too loose
- It can be either a cloth mask or disposable mask
- The mask should not fall under your nose when you speak



## Clean hands

- Wash your hands with soap and water before putting on your mask or use hand sanitisers
- avoid touching the front of your mask
- After removing your mask, ensure to also clean your hands



## Cover your nose and mouth

- Ensure that your mask always cover your nose and mouth when in use
- Do not keep your mask under your nose or chin
- Remove your mask completely if you need to



## Remove mask properly

- Hold your mask by the elastic behind your ears to remove it
- Avoid touching the front of the mask
- Place used disposable mask in a covered bin and place used cloth mask in a separate bag and clean your hands



## Re-using your mask

- Change your disposable mask every four hours or when dirty or wet
- Cloth mask should also be changed when wet or dirty
- Do not re-use disposable mask, cloth mask should be washed everyday and ironed before re-usage



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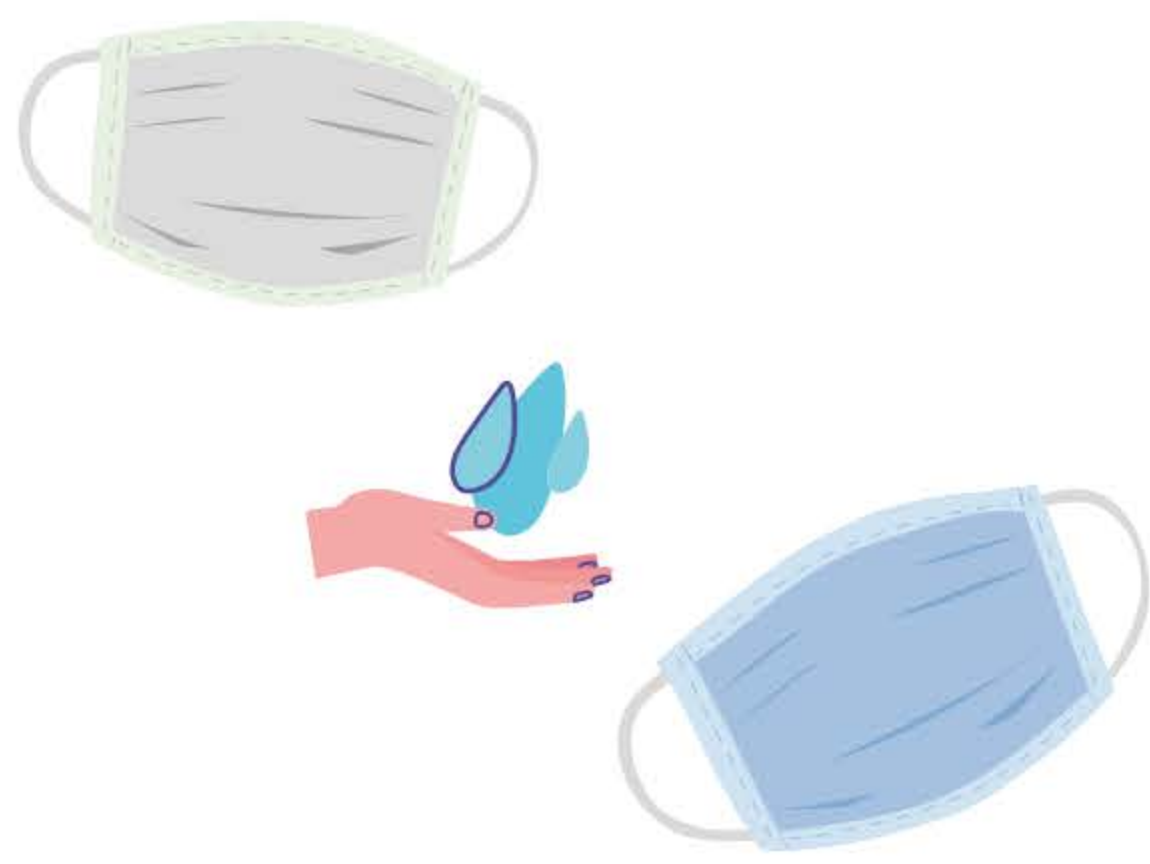


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