



# HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

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



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



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





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



World Health  
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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

