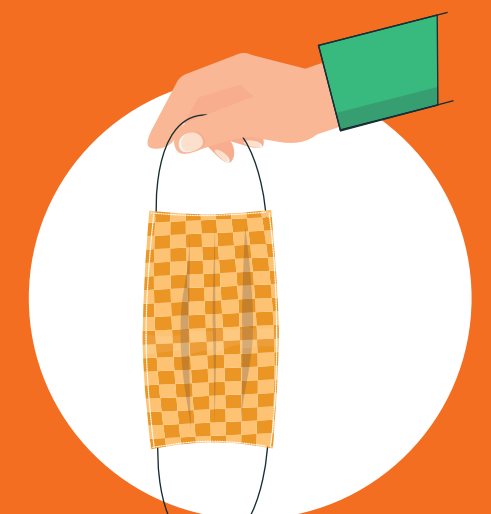# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

## Dos →

Clean your hands before touching the mask

Inspect the mask for damage or if dirty

Adjust your mask to your face without leaving gaps on the sides

Cover your nose, mouth and chin
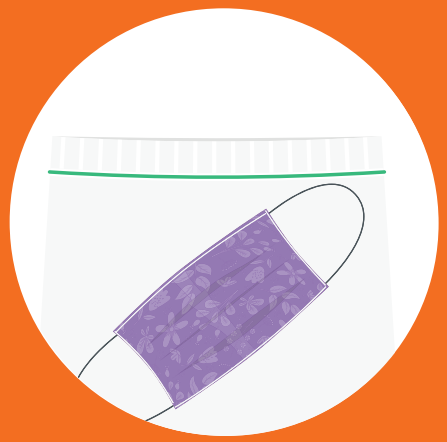
Avoid touching the mask
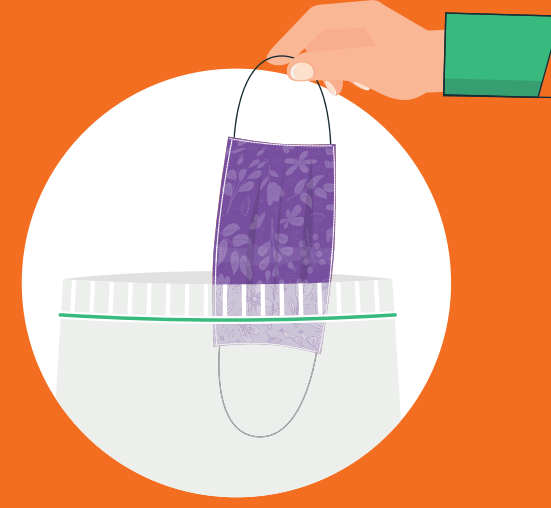
Clean your hands before removing the mask

Remove the mask by the straps behind the ears or head

Pull the mask away from your face

Store the mask in a clean, plastic re-sealable bag if it is not dirty or wet and you plan to re-use it

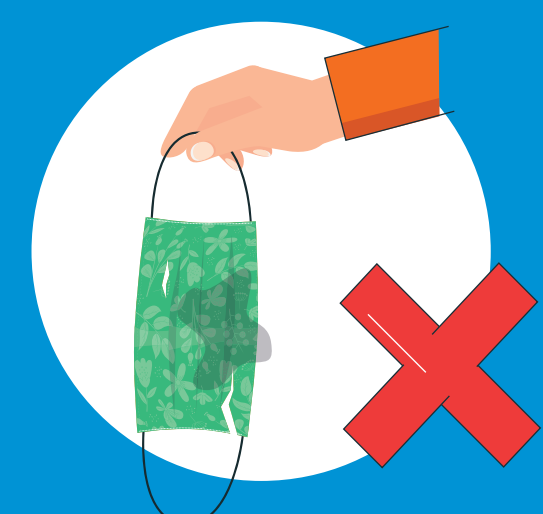Remove the mask by the straps when taking it out of the bag

Wash the mask with soap or detergent, preferably with hot water, at least once a day
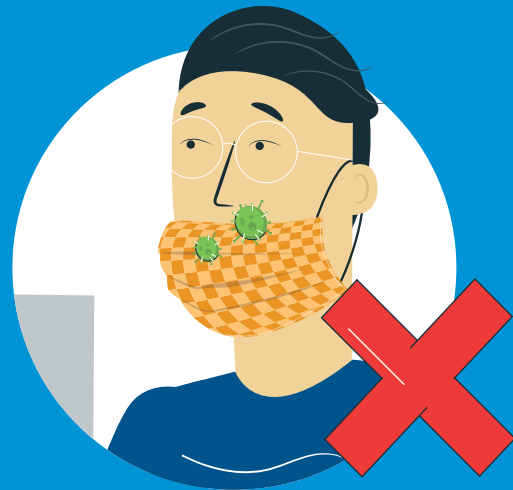
Clean your hands after removing the mask

## Don'ts →

Don't wear a mask that looks damaged

Don't wear a loose mask
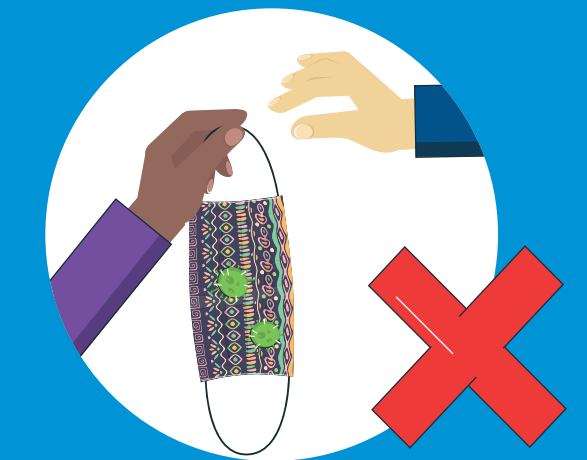
Don't wear the mask under the nose

Don't remove the mask where there are people within 1 metre

Don't use a mask that is difficult to breathe through

Don't wear a dirty or wet mask

Don't share your mask with others

To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

*We're All In,*
**Together let's stop the spread of**

**COVID-19** CORONAVIRUS

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