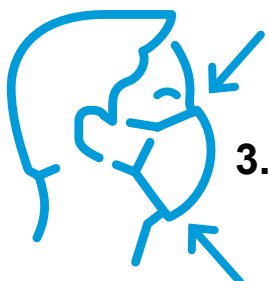


1. Wash or disinfect your hands before touching the mask.



2. Attach the mask to your face using the **ear loops**.

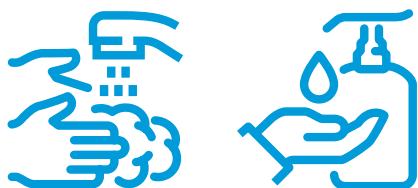


3. Press the mask over the **bridge of the nose** and, with the other hand, pull the mask under the **bottom of the chin**.



4. Shape the **nose reinforcement** on the upper edge of the mask by pressing it against the bridge of the nose, so that the mask sits as tightly as possible.

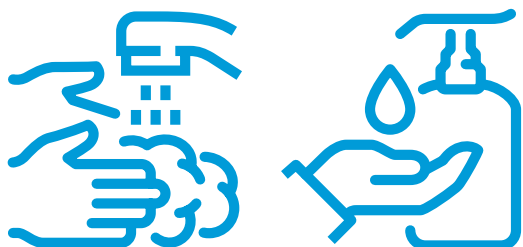
5. Ensure that the mask covers your **mouth, nose and chin**.



6. Wash or disinfect your hands after putting on the mask.



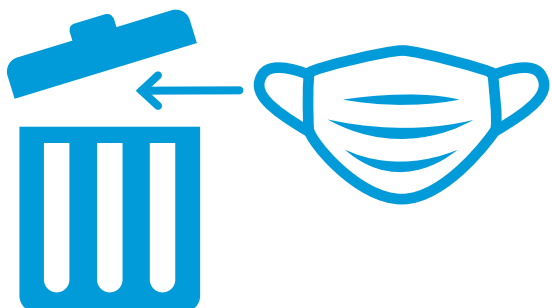
7. Do not touch the mask or pull it under your chin or onto your forehead during use.



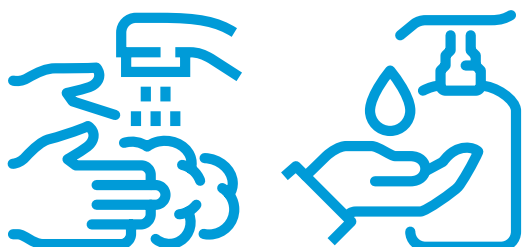
1. Wash or disinfect your hands before removing the mask.



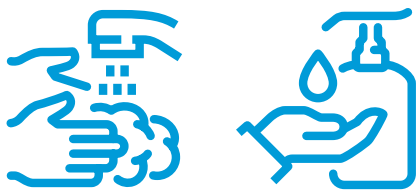
2. Remove the mask by taking hold of its loops behind the ears.



3. Put a used disposable mask directly in the bin.



4. Wash your hands or disinfect them with hand sanitiser.



1. Wash or disinfect your hands before putting the mask on your face.



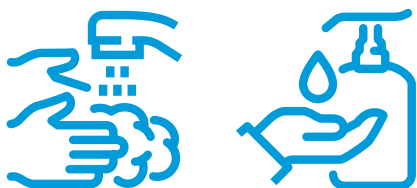
2. Attach the mask to your face using the **ear loops**.



3. Pull the **lower edge** of the mask under your chin, supporting it at **the nose** with your other hand.



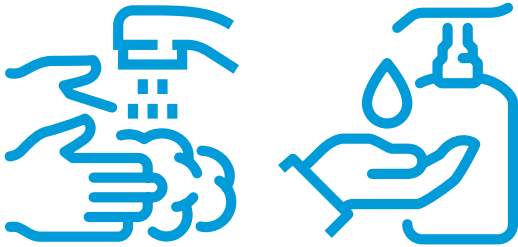
4. Ensure that the mask covers your mouth, nose and chin.



5. Wash or disinfect your hands after putting on the mask.



6. **Do not touch** the mask or **pull it** under your chin or onto your forehead during use.



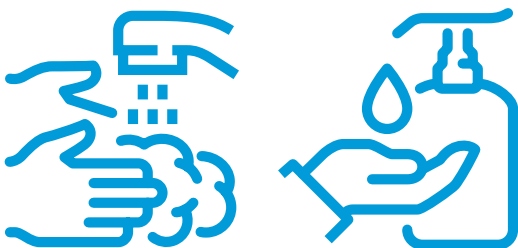
1. Wash or disinfect your hands before removing the mask.



2. Remove the mask by taking hold of its loops behind the ears.



3. Wash the mask at 60°C after each use, or boil it for 5 minutes in water, with a little detergent added. Rinse the mask and dry it.



4. Wash your hand or disinfect them with hand sanitiser after you have put the mask in to be washed.