

## 口罩使用说明：

### 佩戴口罩

1. 触摸口罩之前先洗手或消毒双手。
2. 使用耳带将口罩挂贴在脸上
3. 用手从鼻梁位置按压口罩，并用另一只手将口罩的下缘拉伸到下巴下方。
4. 从鼻梁位置按压调整口罩上方的鼻梁条，使的口罩尽可能贴合面部。
5. 确保口罩覆盖嘴部，鼻子和下巴。
6. 佩戴口罩后清洗或消毒双手。
7. 使用口罩过程中，请勿触摸口罩或将其移至下巴下方或额部。

### 摘除口罩

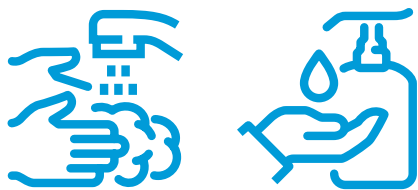
1. 摘除口罩之前先洗手或消毒双手。
2. 抓住耳后方的带子取下口罩。
3. 将使用过的一次性口罩直接投入垃圾箱。
4. 清洗或使用消毒液消毒双手。

## 佩戴布质口罩

1. 将口罩戴脸上之前先洗手或消毒双手。
2. 使用耳带将口罩挂贴在脸上
3. 把口罩下缘拉到下巴下方，另一只手在鼻子位置支撑
4. 确保口膜覆盖嘴，鼻子和下巴。
5. 佩戴口罩后清洗或消毒双手。
6. 使用口罩过程中，请勿触摸口罩或将其移至下巴下方或额部。

## 摘取布质面罩

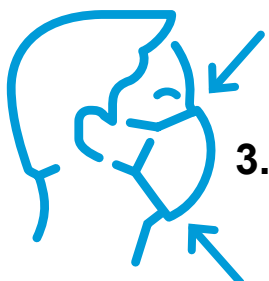
1. 摘除口罩之前先洗手或消毒双手。
2. 抓住耳后方的带子取下口罩。
3. 每次使用后用 60 度水清洗口罩，或在加入少许洗涤剂的水中煮沸五分钟。冲洗面膜并擦干。
4. 清洗口罩后，请清洗或使用消毒液消毒双手。



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



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

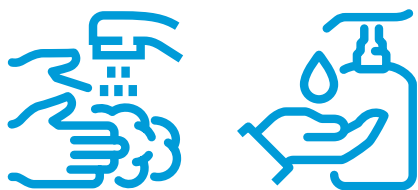


3. Press the mask over the **bridge of the nose** and, with the other hand, pull the mask under the **bottom of the chin**.



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.

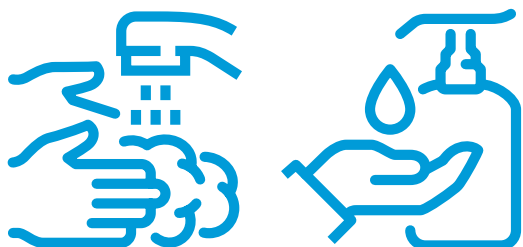
5. Ensure that the mask covers your **mouth, nose and chin**.



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



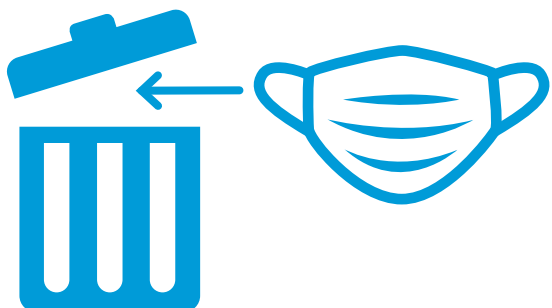
7. Do not touch the mask or pull it under your chin or onto your forehead during use.



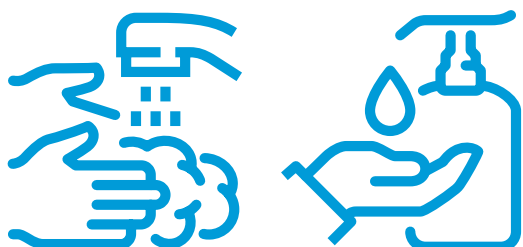
1. Wash or disinfect your hands before removing the mask.



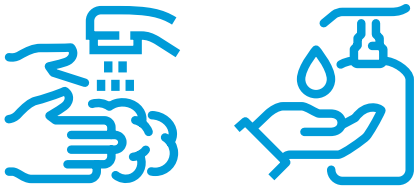
2. Remove the mask by taking hold of its loops behind the ears.



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



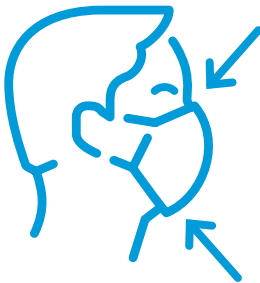
4. Wash your hands or disinfect them with hand sanitiser.



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



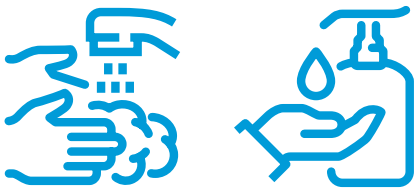
2. Attach the mask to your face using the **ear loops**.



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



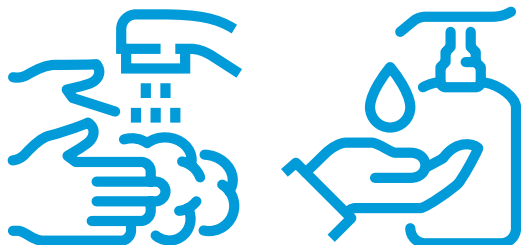
4. Ensure that the mask covers your mouth, nose and chin.



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.



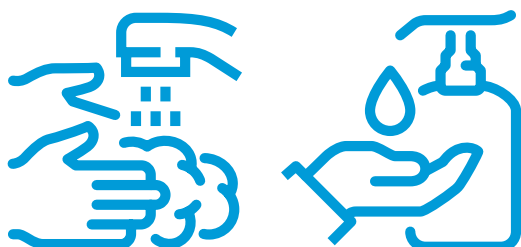
1. Wash or disinfect your hands before removing the mask.



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.