

## Stop the Spread

# HOW TO WEAR A SURGICAL MASK PROPERLY



*Wash your hands thoroughly  
before and after wearing a  
mask*

**1**



*Use the earloops to put  
on the mask*

**2**



*Pull open the folds to  
fully cover your nose,  
mouth and chin*

**3**



*Pinch the metal edge of  
the mask and press it  
gently on your nose*

**4**



*Make sure the mask is  
closely fitted to your  
cheek*

**5**



*Remove the mask by  
holding the earloops*

**6**



*Dispose of the soiled  
mask in a covered bin*

## DON'TS



*Pull the mask down  
to your chin*



*Touch the outer  
layer of the mask or  
rub your eyes, nose  
and mouth*