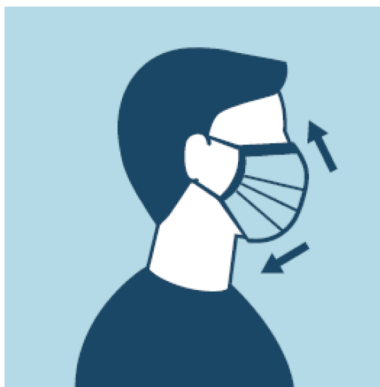


HOW TO USE AND WASH YOUR CLOTH MASK TO PROTECT YOURSELF FROM COVID-19

Why should I use a mask ? What does it do?

Wearing a mask blocks the transmission of the virus that spread through respiratory droplets (generated when someone sneezes or coughs)

However, the use of mask alone is insufficient and other measures such as social distancing and handwashing should also be adopted on a daily basis



Source:
Centers for
Disease
Control and
Prevention

**WASHING YOUR MASK IS
JUST AS IMPORTANT AS
WEARING IT**

How should I use my cloth mask ?

- ✓ Wash your hands with soap and water before touching the mask
- ✓ Place the mask carefully on your face, ensuring it covers the mouth and nose
- ✓ Tie it securely to minimize any gaps between the face and the mask
- ✓ Avoid touching the mask while wearing it
- ✓ Remove the mask safely by untying it from behind
- ✓ Avoid touching the front of the mask
- ✓ After removal, make sure to clean your hands with soap or hand sanitizer gel

How should I wash my mask ?

Lather the mask with soap and scrub it for at least 20 seconds

How often ?

- ✓ At least once a day

KEEP IN MIND:

- Do not share your mask with someone else
- Don't use and/or touch someone else's mask
- A mask should not be worn by persons under 2 years of age or anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.