



# How to wear a mask



Wash your hands for 20 seconds with soap and water or use hand sanitiser.



Hold the mask by the ear loops and make sure the metal strip is at the top of the mask.



Put the ear loops over your ears so people can see the blue side. Press the metal strip over your nose.



Pull the bottom of the mask under your chin. The mask must cover your nose, mouth and chin.



If the mask gets dirty or wet use the ear loops to take it off and put it in the bin. Try not to touch the front of the mask.



Make sure you wash your hands and put on a clean mask.