



# WHEN TO USE A MASK



- For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection
- Wear a mask, if you are coughing or sneezing
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



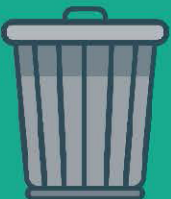
Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water