

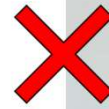
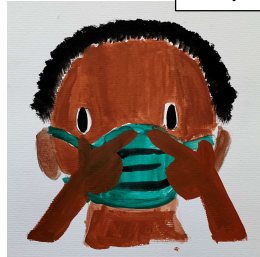
# USE YOUR MASKS PROPERLY

## Otherwise you will contaminate yourself!

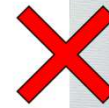
### Steps:

1. **WASH YOUR HANDS** before putting on a mask with alcohol-based hand rub or with soap and water
2. **COVER YOUR MOUTH AND NOSE** with the mask and make sure there are no gaps between your face and the mask
3. **AVOID TOUCHING THE MASK** while you are using it
4. **WASH YOUR HANDS** with alcohol-based hand rub or with soap and water if you touch the mask while wearing it
5. **REPLACE THE MASK WITH A NEW MASK** as soon as it is damp or ideally after 4 hours. Do not re-use single-use masks
6. **TO TAKE OFF THE MASK, REMOVE IT FROM BEHIND.** Don't touch the front part of the mask
7. **DISCARD IT IMMEDIATELY** in a closed bin in a designated area
8. **WASH YOUR HANDS** with alcohol-based hand rub or with soap and water afterwards

Step 2



**DON'T** wear the mask loosely with openings on the sides



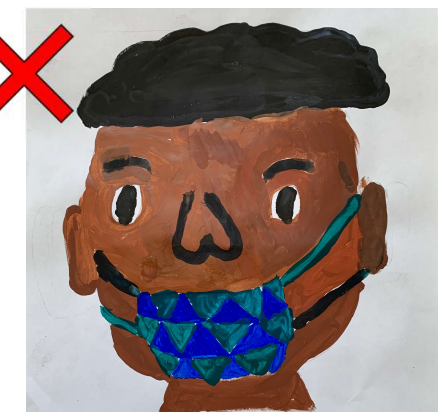
**DON'T** push the mask under your chin to rest on your neck



**DON'T** wear the mask so it just covers the tip of your nose



**DON'T** leave your chin exposed



**DON'T** wear the mask below your nose



### IF YOUR MASKS ARE MADE OF FABRIC:

- You can add 2 pieces of kitchen towel inside the masks to increase efficacy
- Wash the masks with soap and hot water (70°C), and throw away the kitchen paper towels



### MASKS DO NOT GUARANTEE 100% PROTECTION. YOU MUST ALWAYS:

- Follow the hand hygiene rules with diligence
- Don't touch your face
- Keep your distance (1.5m)

### To summarise, wash your hands EVERY TIME:

- Before putting on a mask
- After taking off a mask
- After touching the mask



**New Sight**

Restoring Sight. Changing Lives.