

When Should I Wear A Face Mask?



Wearing a mask is unlikely to be of any benefit if you are not sick.

If you do need to wear a mask, here is how to use one properly.

Do ✓	Don't X
<p>Clean your hands properly before you put it on.</p> <p>Cover your mouth and nose with the mask and make sure that there are no gaps between your face and the mask</p> <p>Tie the mask securely and replace it as soon as it is damp.</p>	<p>Do not touch the mask while wearing it. If you do, clean your hands properly.</p> <p>Do not use a damp or wet mask.</p> <p>Do not reuse a mask</p>

Taking a mask off



To take a mask off properly:

- Remove it from behind - do not touch the front of the mask.
- Put it in a bin straight away.
- Clean your hands properly.