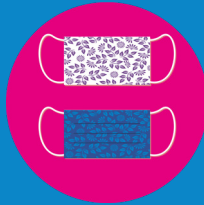


WEARING A MASK DURING COVID-19

To prevent the spread of COVID-19, it is recommended to wear masks in public transports, shops, and crowded places. Please follow your local guidance. Here is how to handle a fabric non-medical mask safely.



Clean your hands before touching the mask



Use intact and clean masks only



Cover your mouth, nose, and chin



Clean your hands before removing the mask

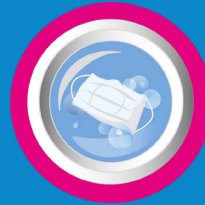
DO'S



Remove the mask by the straps behind the ears



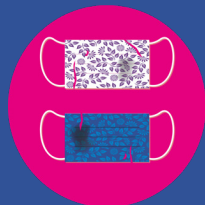
Clean your hands after removing the mask



Wash the mask in soap with hot water/ washing machine once a day



Wash your hands a final time



Don't use dirty or damaged masks



Avoid touching your mask/face



Don't share your mask with others



Don't wear your mask too loose

DON'TS



Avoid too small masks/don't wear it below the nose



Don't use the same mask for multiple days



Don't wear a mask that makes breathing difficult



Avoid wearing a mask that's been in your pocket

REMEMBER:

Wearing a mask alone does not protect you from COVID-19. Keep a safe distance from others, wash your hands frequently, and adhere to local guidance.