How to put on, use and take off a mask

1. **BEFORE PUTTING ON A MASK:**
   Clean hands with alcohol-based hand rub or soap and water.

2. **WHEN PUTTING ON A MASK:**
   Cover mouth and nose with mask and adjust to limit gaps between your face and the mask.

3. **WHILE USING THE MASK:**
   Avoid touching the mask; if you do, clean your hands with alcohol-based hand rub or soap and water.

4. **TO REMOVE THE MASK:**
   Clean hands with alcohol-based hand rub or soap and water.
   Then, remove it from behind. Do not touch the front of mask.
   Again, clean hands with alcohol-based hand rub or soap and water.