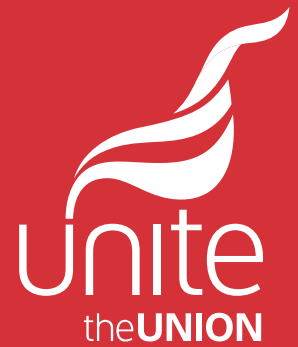


HOW TO WEAR A NON-MEDICAL FABRIC FACE COVERING SAFELY



Clean your hands
before touching
the mask



Inspect the mask for
damage or dirt



Adjust the mask to your
face without leaving
gaps on the sides



Cover your mouth and chin,
ensure you are breathing
through the mask ok



Avoid touching
the mask



Clean your hands
before removing
the mask



Remove the mask
by the straps behind
the ears or head



Pull the mask away
from your face



Store the mask in a
clean plastic, resealable
bag if it is not dirty or wet
and you plan to re-use it.
**If not retain in bag and
dispose of responsibly***



Remove the mask
by the straps when
taking it out of
the bag



Wash the mask in
soap or detergent,
preferably with hot
water, at least
once a day



Clean your hands
after removing
the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to socially distance from others, clean your hands frequently and thoroughly, avoid touching your face and mask. Do not wear around head, neck or chin even when eating or drinking.

Based on WHO advice

*See Government advice on disposal: <https://www.gov.uk/guidance/coronavirus-covid-19-disposing-of-waste>