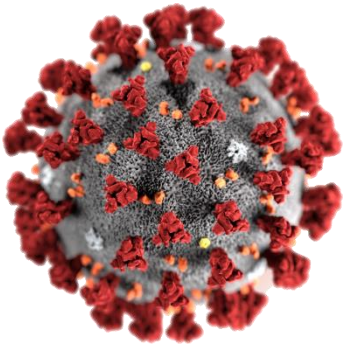
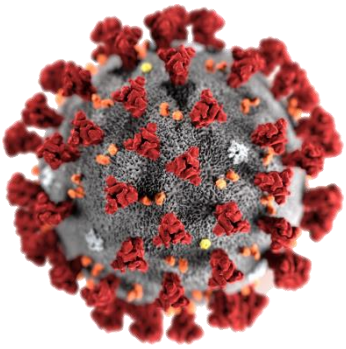
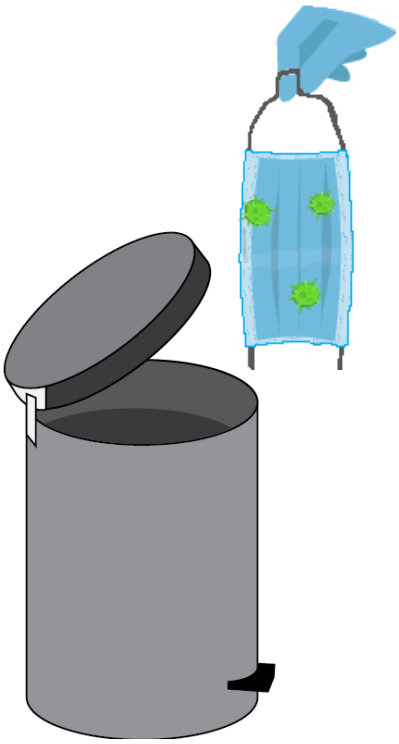




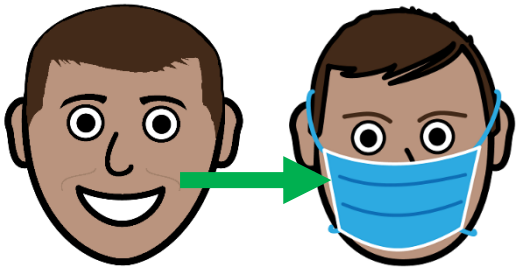
COVID - 19



How to use a mask.

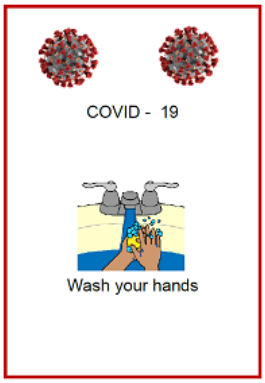
You throw this mask away.

21 July 2020



Put on a mask

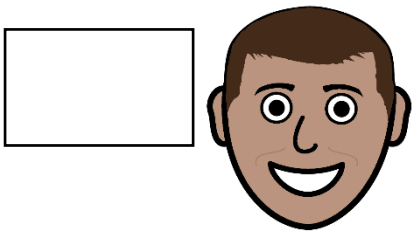
1. Wash your hands.



Read the fact sheet

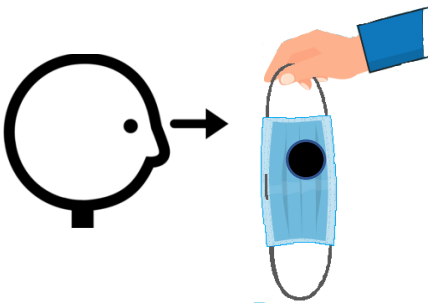
Wash your hands.

2. Pick up a new mask.



There is a white side. It goes on your face.

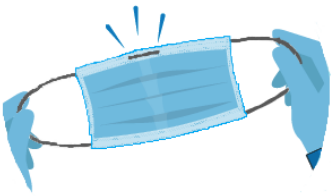
There is a blue side. We can all see the blue.



Look at the mask.

There must be **no** holes in it.

Get a new mask.

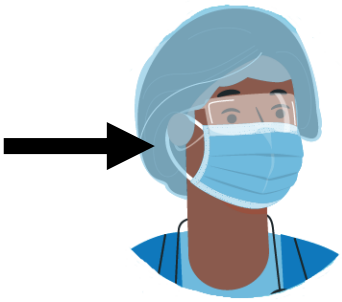


3. Find the edge with a metal piece in it.

   It feels a bit stiff.

   This is the top of your mask.

   This edge goes on your nose.



4. Put the mask on your face.

   The white side is on your face.

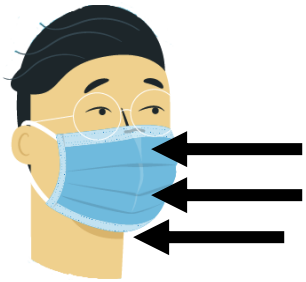
   We see the blue side.

   Put the loops around each ear.

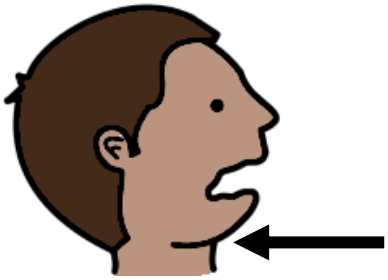
5. Feel the metal piece on your nose.

   Push it onto your nose.

   There must be **no** gaps here.



6. You need to check your mask covers
   - your nose
   - your mouth.



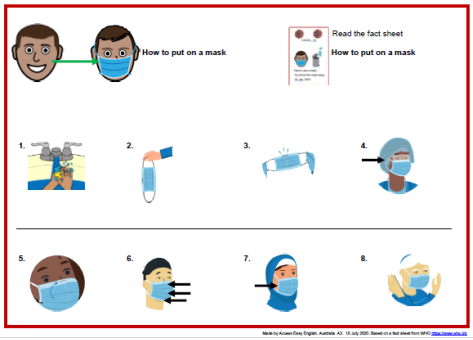
The bottom of your mask goes under your chin.

7. There must be **no** gaps between
   - your face
   - the mask.

   Move your mask so there are **no** gaps.

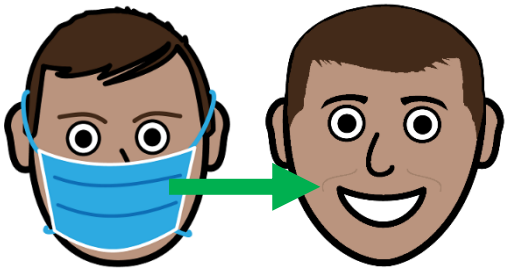
8. You are ready to go out.

   Do **not** touch your mask now.



Get the poster. Put it on the wall in

- bathroom
- kitchen
- bedroom
- near the front door.



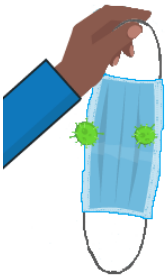
Take off your mask

1. Do **not** touch the front of your mask.

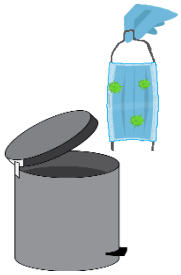
2. Hold on to the loops behind your ears.

   Take the loops off your ears.

   Your mask comes off your face.

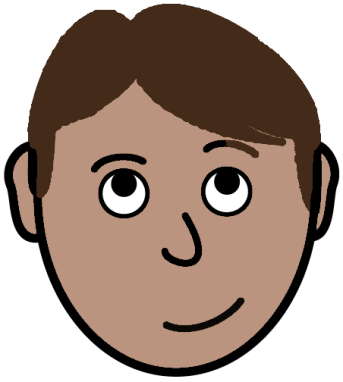


3. Do **not** touch the blue part of your mask.



4. Put the mask in the bin now.

5. Wash your hands.

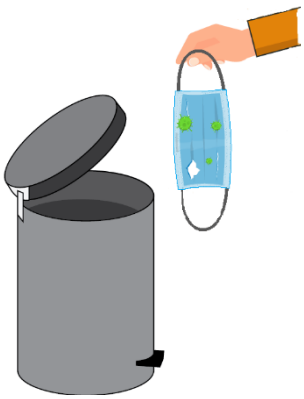


To be safe.

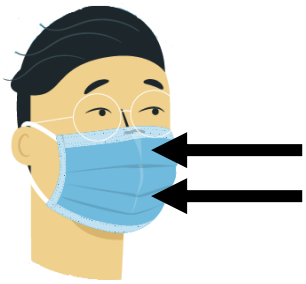
Some things to remember

1. A mask may get
   - wet
   - ripped.

It is **no** good.



Put it in the bin.



2. You mask needs to cover your

- mouth
- nose.

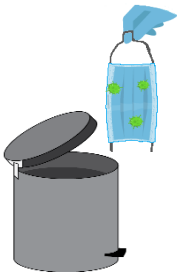
Do **not** let it fall down. It is no good now.

3. Your mask must fit.

There must be **no** gaps. It is **no** good now.

4. Do **not** touch the front of your mask.

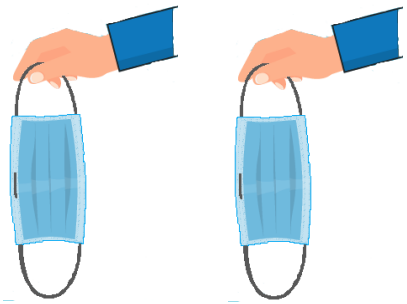
5. Do **not** pull your mask down to
   - talk to some one
   - to eat.



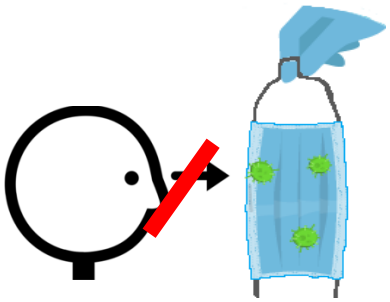
6. Always put a used mask in the bin.

Do **not** leave your used mask out.

Other people can touch it. This is **no** good.

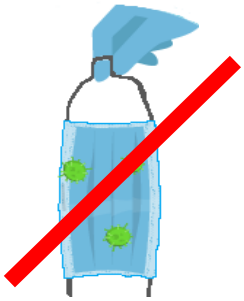


7. Use a new mask each time you put a mask on.



You can **not** see bugs on your mask.

But

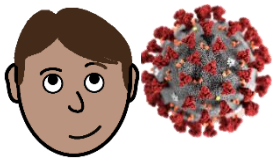


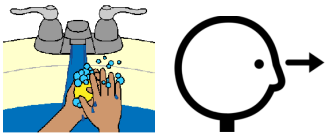
They are there.

Do **not** put on a used mask.

Images

We have used images from





- EasyOnTheI
- Freepikpsd
- Mayer-Johnson
- Picto-Selector
- TheNounProject
- World Health Organisation.

This fact sheet is based on The World Health Organisation **How to wear a medical mask safely.** www.who.int/epi-win 17 July 2020

Access Easy English

Access Easy English wrote the Easy English.

18 July 2020. Updated 21 July 2020.