

How to Guide Washable Face Mask

To put your mask on:

- Wash hands for a minimum of 20 seconds, then sanitise hands
- Check that the mask is not damaged; if it is, discard it
- Cover the nose and mouth with the mask
- To secure the mask in place, position the ear loops around the ears
- Make sure that the mask fits against the bridge of the nose and also covers the nose, mouth and entire chin

To remove your mask:

- Wash hands for a minimum of 20 seconds, then sanitise hands
- Remove the mask by the ear loops
 - **DO NOT** touch the outside of the mask while removing it as it may be contaminated
- Place directly in washing machine after each use
- Wash hands for a minimum of 20 seconds, then sanitise hands
- Wash as per care instructions

