

HOW DO I WEAR A FACE MASK CORRECTLY?



1 Wash your hands with soap and water or disinfect them



2 The colored side must face outwards, the metal strip goes on top



3 The metal strip should be in contact with the bridge of the nose



4 Put a loop around each ear, one after the other



5 Use both index fingers to adjust the metal strip on the bridge of the nose



6 Make sure your nose, mouth and chin are covered

▶ **IMPORTANT: DO NOT TOUCH OR MOVE THE MASK FROM THE OUTSIDE WHILE WEARING IT**

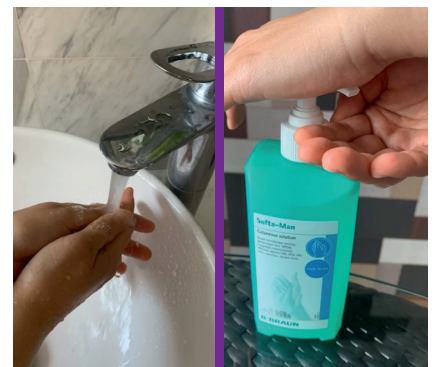
HOW DO I REMOVE A FACE MASK CORRECTLY?



1 Grasp both ear loops at the same time and remove the mask



2 Immediately throw the mask into a closable trash can



3 Wash your hands with soap and water or disinfect them