

PROTECT YOURSELF BY WEARING YOUR MASK PROPERLY



PLATINUM
HEALTH

It is very important that masks are used correctly. Incorrect use might result in users putting themselves at risk of spreading COVID-19.

- Place the mask with the correct side facing your face, and ensure that it covers both your nose and mouth properly. Make sure there are no gaps between your face and the mask.

- Before putting on a mask, clean your hands with alcohol-based hand sanitiser or wash with soap and water for at least 20 seconds.



- Tie the strings behind your head or if the mask has elastic strings, make sure these are tight.

- Make sure the mask fits well. Move it around using the ties to get the best fit. Never touch the cloth part.



- Avoid touching your face while wearing the mask. If you do, clean your hands with alcohol-based hand sanitiser or soap and water. Do not lower the mask when speaking, coughing or sneezing.

- To remove the mask, remove it from behind (do not touch the front of the mask); discard it immediately in a closed bin; clean hands with alcohol-based hand sanitiser or soap and water.

- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



- Wash the cloth mask with hot water and soap. The mask is best dried in the sun and ironed.

