

How to wear and remove a surgical mask correctly

Surgical masks help to limit the spread of germs. It is recommended to wear a mask to prevent others from getting infected.

It is equally important to learn how to wear and remove a surgical mask correctly.



Wearing a mask



Step 1

Clean your hands with soap and water or hand sanitizer before touching the mask.



Step 2

Check the mask to make sure there are no obvious tears or holes in either side of the mask.



Step 3

Hold the mask with the stiff bendable strip on top, and the coloured side facing outwards.



Step 4

Ensure that the mask should cover your nose, mouth and chin.



Step 5

Mould or pinch the nose strip to conform to the shape of your nose.

Removing a mask



Step 1

Clean your hands with soap and water or hand sanitizer before touching the mask.



Step 2

Avoid touching the front of the mask because it is contaminated. Only touch the ear loops/ties/band.



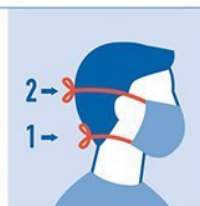
Step 3

Remove mask according to the type of mask you are using.



Face Mask with Ear Loops

1. Hold both ear loops.
2. Unhook and gently lift to remove the mask.



Face Mask with Ties

1. Untie the bottom bow first followed by the top bow.
2. Pull the mask away from you as the ties are loosened.



Face Mask with Bands

1. Lift the bottom strap over your head.
2. Pull the top strap over your head.



Step 4

Carefully place Mask in a paper or plastic bag for reuse if in good condition and no contamination has occurred.



Step 5

Clean your hands with soap and water or hand sanitizer before touching anything else.