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 colour 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.

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.