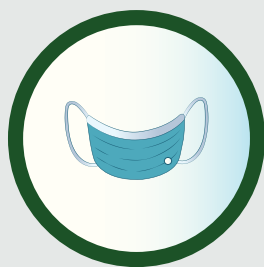


## Steps for putting on a 3-ply surgical mask - DONNING



1. Before putting on the mask, wash your hands for at least 20 seconds with soap and water.



2. Check for defects in the face mask, such as tears or broken loops.



3. If present, make sure the metallic strip is at the top of the mask and positioned against the bridge of your nose.



4. Pull the bottom of the mask over your mouth and chin.



5. Be sure the mask fits snugly.



6. Avoid touching the mask once in position.



7. Ensure there are no gaps between the mask and your face.



8. If the mask gets soiled or damp, replace it with a new one.

## Steps for taking off a 3-ply surgical mask - DOFFING



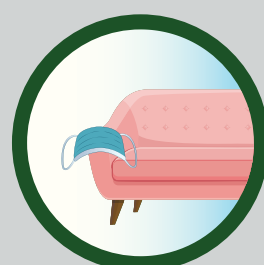
1. Before you take off the mask, wash your hands well or use hand sanitiser.



2. Avoid touching the mask itself, as it could be contaminated. Hold it by the loops, ties, or bands only.



3. Carefully remove the mask from your face.



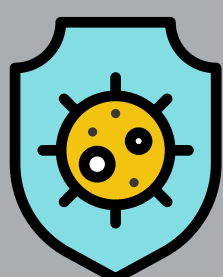
4. Avoid leaving the mask within reach of others.



5. Holding the mask loops, ties, or bands, discard the mask by placing it in a covered waste bin.



6. After removing the mask, wash your hands thoroughly or use hand sanitiser.



Masks are not a magic shield! Ensure social distancing, hand hygiene and cough etiquette support the use of PPE and masks.