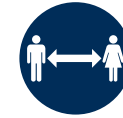




HANDS



FACE



SPACE

How to wear your face covering or face mask



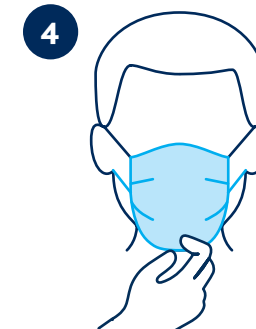
1
Clean your hands with soap and water or hand sanitiser



2
Hold the mask by the ear loops and place a loop around each ear



3
Mold or pinch the stiff edge to the shape of your nose



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



5
Avoid touching the front of the mask when wearing

How to remove your face covering or face mask



1
Clean your hands with soap and water or hand sanitiser



2
Avoid touching the front of the mask, only touch the ear hoops



3
Hold both ear hoops and gently lift and remove the mask



4
Throw the mask in the bin



5
Clean your hands with soap and water or hand sanitiser