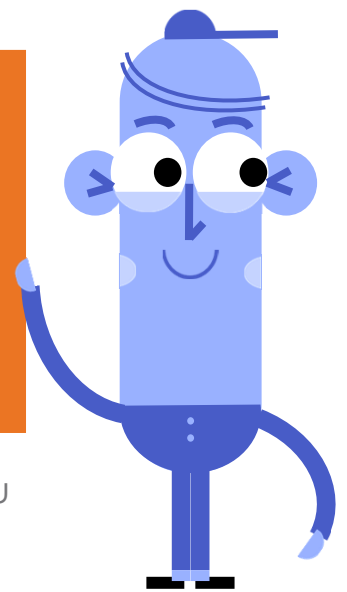


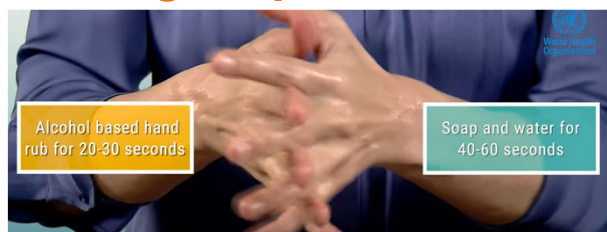
Wearing Medical Masks Safely

With Safety Sam



Where physical distancing cannot be guaranteed, you may wish to wear a medical mask

Putting on your mask



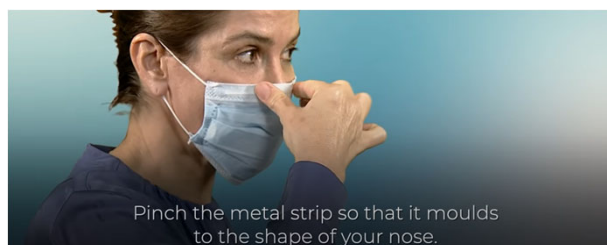
CLEAN YOUR HANDS

- Sanitise or wash your hands with soap & water



INSPECT THE MASK

- Is it new?
- Is it undamaged?
- Find the top (usually with metal strip)
- Find the inside of the mask (usually white)

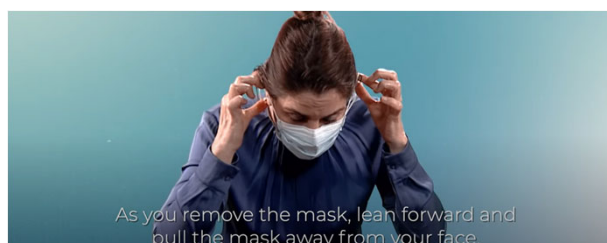


FIT THE MASK

- Place over nose, mouth & chin
- Make sure there are no gap between the mask and your face
- Pinch the metal strip over your nose

DO NOT TOUCH THE FRONT OF THE MASK WITH YOUR HANDS

Taking your mask off



CLEAN YOUR HANDS

REMOVE MASK

- Remove straps from behind your ears – don't touch the front
- Lean forward as you move mask away

THROW MASK IN A CLOSED, LINED BIN

CLEAN YOUR HANDS AGAIN

For more information about how to wear a mask safely search YouTube for <https://youtu.be/adB8RW4I3o4> or 'How to wear a medical mask' (World Health Organisation). This video is also on the COVID19 page on Millennium's Intranet – Mi Place

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