

# HOW TO PROPERLY USE A MASK

Masks are only effective when used in combination with frequent hand washing with soap or using a sanitizer with alcohol gel, and following some appropriate usage practices.

1



Before putting on the mask you should wash your hands with soap and sanitize with alcohol gel!

2



Cover the mouth and nose with the mask and make sure there are no gaps between the mask and the face.

3



Avoid touching the mask with your hands during use! If you need to touch it, remember to wash your hands first or sanitize your hands with alcohol gel.

Remember to drink before putting on the mask!

4



When removing the mask: Remove from back to front, without touching the inside, and wash and sanitize your hands in sequence.

5



If it is a disposable mask, dispose it in a suitable place. If it is a washable mask, put it in an hermetic box and follow the washing instructions.