Facemask dos and don’ts

**DO**

- **Do** wash your hands before touching the mask
- **Do** inspect the mask for tears and holes
- **Do** place the metal piece or stiff edge over your nose
- **Do** ensure the colored-side faces outwards
- **Do** de-pleat the mask folds
- **Do** cover your mouth, nose and chin
- **Do** adjust the mask to your face without leaving large gaps on the sides
- **Do** avoid touching the mask
- **Do** remove the mask from behind the ears or head
- **Do** keep the mask away from you and surfaces while removing it
- **Do** discard the mask immediately after use, preferably into a closed bin
- **Do** inspect the mask for tears and holes
- **Do** de-pleat the mask folds
- **Do** cover your mouth, nose and chin
- **Do** ensure the colored-side faces outwards
- **Do** de-pleat the mask folds
- **Do** inspect the mask for tears and holes
- **Do** place the metal piece or stiff edge over your nose
- **Do** ensure the colored-side faces outwards
- **Do** de-pleat the mask folds
- **Do** wash your hands

**DON’T**

- **Don’t** use a ripped or damp mask
- **Don’t** wear the mask under nose or mouth
- **Don’t** wear a loose mask
- **Don’t** touch the front of the mask
- **Don’t** remove the mask to talk to someone
- **Don’t** leave your mask hanging around your ear
- **Don’t** leave your used mask within reach of others
- **Don’t** re-use the mask

**STOP & WASH**

Remember that facemasks and other PPE are contaminated after use. It is important to practice hand hygiene before and after removal, or if your hands touch the outside of your PPE.