

# ***SUPER HEROES WEAR MASKS***



## ***HOW TO PUT ON A MASK***

1. Wash your hands with alcohol-based hand sanitiser or soap and water.
2. Inspect the mask for tears, holes or damage. Do not wear a mask that has already been worn.
3. Identify the top of the mask, where there is usually a metal noseband.
4. Identify the inside of the mask, which is usually white.
5. Place the mask on your face covering your nose, mouth and chin.
6. Make sure there are no gaps between your face and the mask.
7. Pinch the metal noseband so that it moulds to the shape of your nose.
8. Do not touch the front of the mask - if you do accidentally touch the front of your mask, wash your hands.

## ***HOW TO TAKE OFF A MASK***

1. Wash your hands with alcohol-based hand sanitiser or soap and water.
2. Remove the mask from behind your ears or the back of your head.
3. Do not touch the front of the mask. If you do accidentally touch the front of the mask, clean your hands.
4. Lean forward and pull the mask from your face.
5. Medical masks are made for single use only.

***MEDICAL MASKS SHOULD BE  
THROWN OUT IF THEY BECOME  
WET, SOILED OR DAMAGED***

## ***FABRIC MASKS***

**Outer layer should be water resistant  
Middle layer should act as a filter  
Inner layer should be water absorbent  
Fabric masks shouldn't be shared  
Wash your mask in hot water every day  
Store in a clean, resealable plastic bag**



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