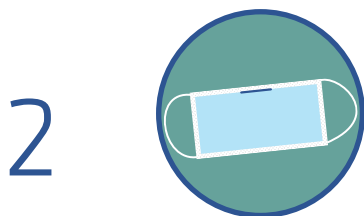# How to wear single use face masks

Putting on the mask

1 Wash your hands or use hand sanitiser.

2 Check that the face mask is clean and not damaged.

3 Check that the mask is the right way round. Place it over your nose, mouth and chin. Hook the straps over your ears or around your head. Make sure the mask fits securely against your face and that there are no gaps.
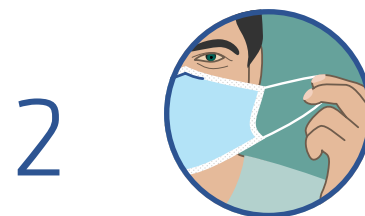
4 Do **not** touch your mask while you are wearing it.

Taking off the mask

1 Wash your hands or use hand sanitiser.

2 Take hold of the straps and remove the mask without touching the part that covers your face.

3 Dispose of the single use mask.

4 Wash your hands or use hand sanitiser.

Folkhälsomyndigheten