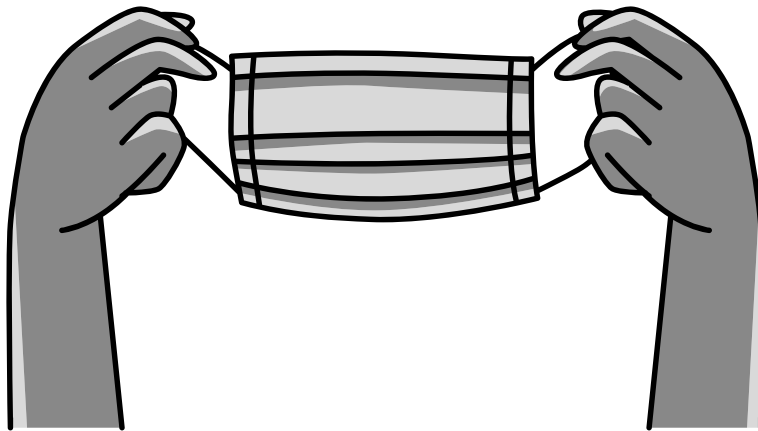# How to Safely Wear a Medical Mask

Source: World Health Organization

Do's

Thoroughly wash hands with soap and water before touching the mask

Check the mask for any tears or holes

Find the top side where the metal piece or stiff edge is

Ensure that the colored side faces outwards

Place the metal piece/stiff edge over your nose

Cover your mouth, nose, and chin.

S H A R E !

shareselfhelp.org