

# STOP THE SPREAD



A FACE MASK SHOULD ACT AS A BARRIER AND PREVENT PEOPLE FROM TOUCHING THEIR FACES.

## PRACTICAL TIPS FOR WEARING A FACE MASK



PERFORM HAND HYGIENE **BEFORE** YOU PUT ON A FACE MASK AND **AFTER** YOU TAKE IT OFF



**DO NOT LEAVE** YOUR MASK HANGING UNDER YOUR CHIN OR NECK



**DO NOT TOUCH** YOUR FACE WHEN YOU HAVE YOUR MASK ON



**DO NOT WEAR** YOUR MASK ON YOUR HEAD



**DO NOT WEAR** YOUR MASK LOOSELY WITH GAPS ON THE SIDES



**DO NOT WEAR** THE MASK BELOW YOUR NOSE



**DO NOT LEAVE** YOUR CHIN EXPOSED



WEAR YOUR MASK SO THAT IT COMES **CLOSE TO THE BRIDGE OF YOUR NOSE** AND COMPLETELY **COVERS YOUR CHIN**

DO YOUR BEST TO **TIGHTEN THE LOOPS OR TIES** SO THAT IT FITS SNUGLY AROUND YOUR FACE AND THAT IT IS **WITHOUT GAPS**

ER24 subscribe to international infection prevention and control principles and follow this scientific approach to protect our patients and our health workers. Visit ER24's website for more information.

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