

Wearing a mask: Do's and don'ts



Do cover nose, mouth and chin



Do pull hair back



Do tie top strap first, then bottom strap



Do keep phones away from mask



Don't pull below nose



Don't pull below chin



Don't hang from one ear



Don't hang around neck



Don't cross straps



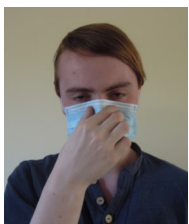
Don't leave straps hanging



Don't wear on forehead



Don't leave hair down



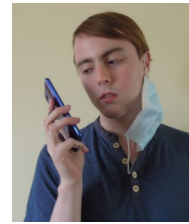
Don't touch front of mask after fitting



Don't reach under mask



Don't touch phone to mask



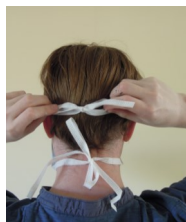
Don't remove mask to talk on the phone



Don't drink or eat with mask on



Don't remove mask to cough, sneeze or talk



Don't break top strap first, break bottom first



Don't wear a dirty or wet mask