

# Putting on a mask

To stop germs spreading, sometimes you might need to use a mask.  
Here are some tips on how to use a mask the right way.



**1.** Clean your hands.



**2.** Take a mask from the box.



**3.** Hold the mask with the coloured side away from you.



**4.** Spread out the folds of the mask by pulling the top and bottom of the mask apart.



**5.** Put the mask over your nose and mouth.



**6.** Squeeze the hard section around the bridge of your nose to make it fit snugly.



**7.** Tie up the top strings first in a bow at the back of your head. The top strings sit above your ears.



**8.** Tie the bottom strings in a bow. Ensure the strings sit beneath your ears.



**9.** This is how your mask should be securely positioned.

**Do not touch mask**



**Wearing a mask.** Do not touch the mask once you have it on, as it contains germs. If you touch the mask, you must clean your hands.

Any questions?

Talk to our practice staff



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