



HOW TO USE A FACE MASK

Our masks are simple to use and provide effective protection if these fitting instructions are followed

Wash your hands



- Always check that the mask is in good condition before use. Ensure there is no dirt or damage to any part of the mask.
- After washing your hands, hold the flat mask in your hands with the open side of the mask facing upwards
- Gently fold the top of the mask back on itself along the fold, and then the bottom of the mask so that you **turn the mask inside out**
- Press the open mask firmly against your face covering your mouth and nose with the seams on the inside
- Stretch and position the elastic band around the back of the head in a comfortable position.
- Using both hands, gently reposition the mask to get the best fit around your nose and chin... you'll find that the soft fabric moulds itself to the shape of your face.
- There should not be any gaps around your nose and chin and the mask should be easy to breathe through.
- Do not touch the mask whilst wearing it and if you do, wash your hands.
- Remove the mask from behind, holding the elastic with clean hands and dispose of safely.