

PROPER WAY TO DISPOSE THE MASK

Step 1



Remove the mask.

Step 2



Discard the mask in waste container.

Whenever the mask is cracked or damage, it must be replaced. Normally, they can be used up to a few days, unless:

- they are contaminated by blood or other dirty material,
- you cannot breath comfortably,
- they emit saliva or perspiration smell, or
- they are broken.

Under normal circumstances, all surgical masks should be used once only. If they have to be used a second time due to supply shortage, they must be stored properly. As long as they are not broken and are stored in clean containers (such as unused envelops), they can be safely used up to few days.



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 www.doh.gov.ph

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PROPER WAY TO WEAR A MASK

(Surgical and N95 Mask)



visit: www.doh.gov.ph/2019-nCov

SURGICAL MASK

Step 1



Put the mask on, with the metal strip on top.

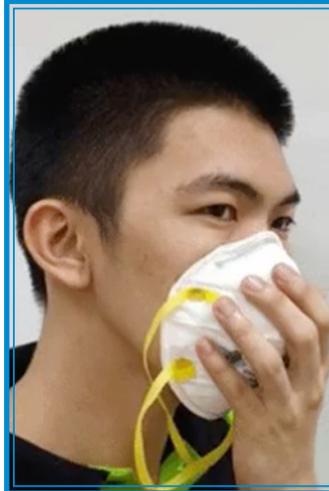
Step 2



Press the strip inward to make it stick to your nose. Make sure that the mask should cover your nose and chin and is kept close to your face.

N95 MASK

Step 1



Put the mask in your hand, with the metal strip near your fingertips. Put on the mask with the metal strip on top and over the bridge of your nose.

Step 2



Pull the upper band around your head, and then pull the lower one around your neck.

Step 3



Press the metal strip with your index fingers so that it is kept close to your nose to prevent leakage.

An incorrectly worn mask would not protect you properly. After putting on, if you should feel some wind on your face while breathing, or when your glasses are covered with moisture, chances are that there is leakage, you should adjust the mask.