Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

Replace

Wash hands after removing mask. Launder mask after each work day in washing machine, using hot water and detergent.

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