# StopTheSpread

How to use a mask? 

Source: World Health Organization

Before Putting on a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. **Replace the mask with a new one as soon as it is damp.** Do not re-use single-use masks.

While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. **Replace the mask with a new one as soon as it is damp.** Do not re-use single-use masks.

To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask immediately in a closed bin.
3. **Clean hands** with alcohol-based hand rub or soap and water.