

# Applying and removing a flat surgical mask

## Applying a flat surgical mask

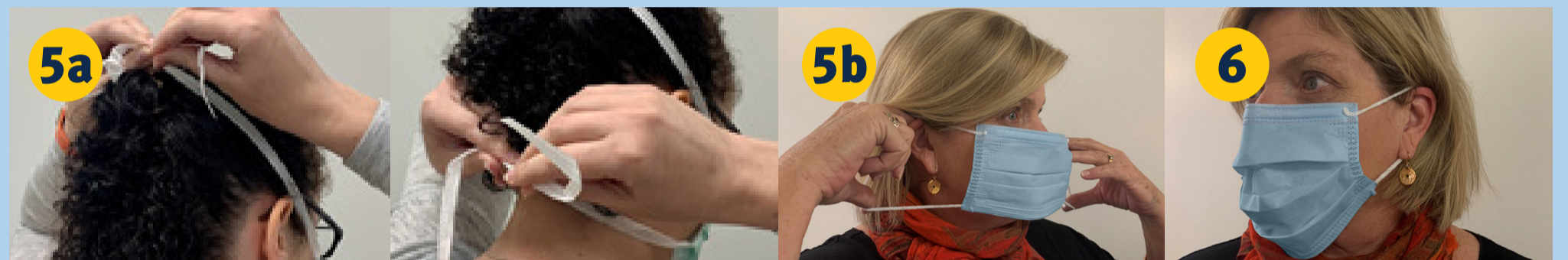


**1**  
Clean your hands with soap and water or hand sanitiser before touching the mask.

**2**  
Spread out the folds of the mask by pulling the top and bottom of the mask apart.

**3**  
Hold the mask with the coloured side away from you. The side of the mask that has a stiff bendable edge should be at the top.

**4**  
Put the mask over your nose and mouth. Mould or pinch the stiff edge to the shape of your nose.



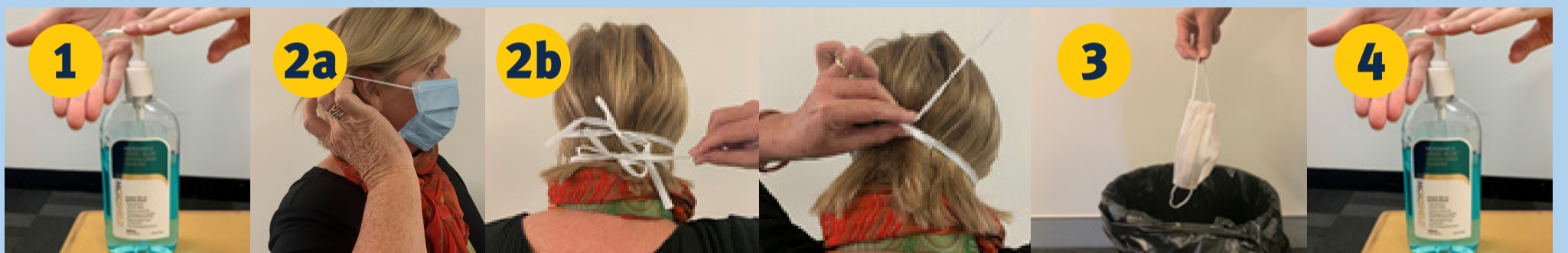
**5a**  
Tie up the top strings first in a bow at the back of your head. The top strings sit above your ears

**5b**  
Tie the bottom strings in a bow. Ensure the strings sit beneath your ears.

**5b**  
For surgical masks with ear loops, stretch elastic over both ears.

**6**  
This is how your mask should be securely positioned. Be mindful that you do not touch the mask once you have it on.

## Removing a flat surgical mask



**1**  
Clean your hands with soap and water or hand sanitiser before touching the mask. Avoid touching front of the mask.

**2a**  
Only touch the ear loops or ties. Hold both ear loops and gently lift and remove the mask.

**2b**  
Untie the bottom bow first.

**3**  
Untie the top tie and pull the mask away from you as the ties are loosened.

**3**  
Do not touch the front of the mask. Dispose of the mask.

**4**  
Clean your hands with soap and water or hand sanitiser.

**We are serious about your safety**

**Thankyou for wearing your mask as required**