



# Protecting yourself and others from the Coronavirus (COVID-19)

## How to put on, use and take off a mask.



Before putting on mask, wash hands with soap and water or clean hands with a 60% or higher alcohol-based sanitizer



Use the straps to tie or loop the mask behind the head or ears. **Completely cover mouth and nose with mask**



Make sure there are no gaps between your face and the mask. Use two fingers to press the metal strip to fit the shape of nose.



**Do not touch mask**, if you do, clean your hands with a 60% or higher alcohol-based sanitizer gel or with soap and water.



Remove the mask from behind using straps; (DO NOT touch the front of the mask); **DO NOT reuse a single use mask.**



Discard the mask immediately in a closed bin; clean hands with a 60% or higher alcohol based hand sanitizer or wash with soap and water



Ministry of Health and Wellness, Barbados  
COVID-19 HOT-LINE: 536-4500

