

How to Wear and Use a Mask in 5 Simple Steps

- **Step 1:** Clean your hands with an alcohol-based hand rub or soap and water before putting on the mask
 - **Step 2:** Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
 - **Step 3:** Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
 - **Step 4:** Remove it from behind (do not touch the front of mask). If it is a single-use mask, discard it immediately in a closed bin
 - **Step 5:** Clean your hands with an alcohol-based hand rub or soap and water.
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6 Basic Protective Measures You Can Take Against COVID-19

Most people who become infected with COVID-19 experience mild illness and recover, but it can be more severe for others. Here is how you can take care of your health and protect others by doing the following:

- 1. Wash your hands frequently**
Regular and thorough cleaning of your hands with an alcohol-based hand rub or with soap and water can kill viruses that may be present on your hands.
- 2. Maintain social distancing**
Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth, which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- 3. Avoid touching eyes, nose and mouth**
Your hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- 4. Practice respiratory hygiene**
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene you can protect the people around you from viruses such as cold, flu and COVID-19.
- 5. If you have fever, cough and difficulty breathing, seek medical care early**
Stay home if you feel unwell. If you have a fever, cough and difficulty in breathing, seek medical attention immediately. Follow the directions of your local health authority. Local authorities will have the most up to date information on the situation in your area. Getting help will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- 6. Stay informed and follow the advice given by your healthcare provider**
Stay informed on the latest developments about COVID-19. Follow the advice given by your healthcare provider, your national and the local public health authority on how to protect yourself and others from COVID-19. Local authorities will have the most up to date information on whether COVID-19 is spreading in your area.

Compiled from WHO

