

How to put on, use and take off a mask

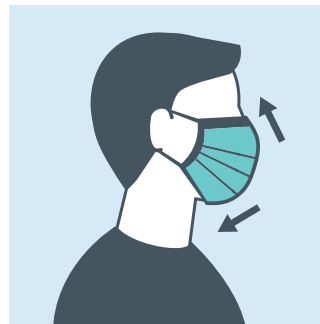
1. BEFORE PUTTING ON A MASK:

Clean hands with alcohol-based hand rub or soap and water.



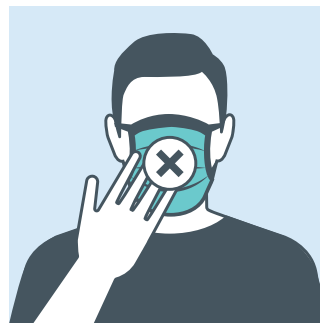
2. WHEN PUTTING ON A MASK:

Cover mouth and nose with mask and **adjust to limit gaps** between your face and the mask.



3. WHILE USING THE MASK:

Avoid touching the mask; if you do, clean your hands with alcohol-based hand rub or soap and water.

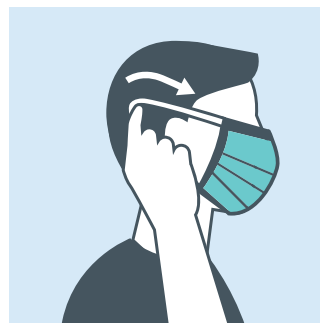


4. TO REMOVE THE MASK:

Clean hands with alcohol-based hand rub or soap and water.

Then, **remove it from behind**. Do not touch the front of mask.

Again, **clean hands** with alcohol-based hand rub or soap and water.



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Cómo ponerse, usar y quitarse una mascarilla

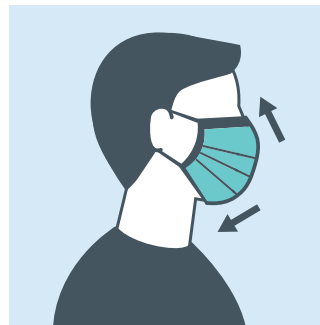
1. ANTES DE PONERSE UNA MASCARILLA:

Lávese las manos con un desinfectante de manos a base de alcohol o con agua y jabón.



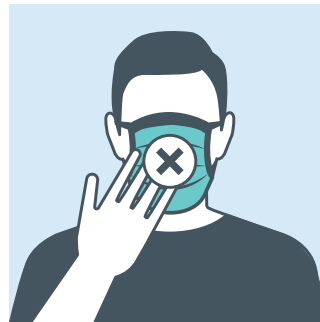
2. AL PONERSE UNA MASCARILLA:

Cúbrase la boca y la nariz con la mascarilla y ajústela para eliminar los espacios entre su cara y la mascarilla.



3. MIENTRAS UTILICE LA MASCARILLA:

Evite tocar la mascarilla; si lo hace, lávese las manos con un desinfectante de manos a base de alcohol o con agua y jabón.

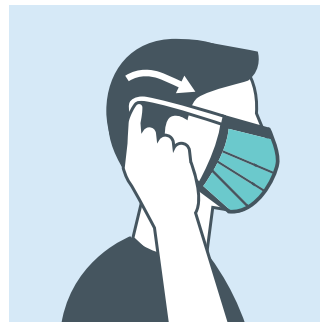


4. PARA QUITARSE LA MASCARILLA:

Lávese las manos con un desinfectante de manos a base de alcohol o con agua y jabón.

Luego, **quítela desde atrás**. No toque el frente de la mascarilla.

Lávese las manos de nuevo con un desinfectante de manos a base de alcohol o con agua y jabón.



Kòman pou mete, itilize ak wete yon mask

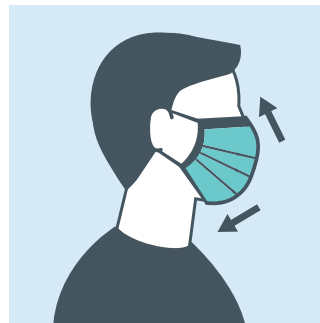
1. ANVAN W METE YON MASK:

1. Netwaye men w avèk yon dezenfektan abaz alkòl oswa savon ak dlo.



2. LÈ WAP METE YON MASK:

2. Kouvri bouch ak nen avèk mask epi ajiste li pou limite espas ant figi ou ak mask la.



3. PANDAN W AP UTILIZE MASK LA:

3. Evite manyen mask la; si ou fé sa, netwaye men ou avèk yon dezenfektan abaz alkòl oswa ak savon ak dlo.

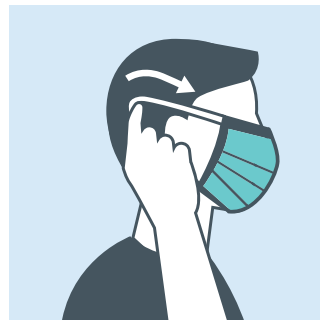


4. POU RETIRE MASK LA:

4. Netwaye men avèk yon dezenfektan abaz alkòl oswa savon ak dlo.

Aprè sa a, retire li pa dèyè. Pa manyen devan mask la.

Yon fwa ankò, netwaye men avèk yon dezenfektan abaz alkòl oswa savon ak dlo.



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