



Tips for Removing a Surgical Mask During Breaks

✓ Do:


- Remove mask before eating, drinking, or smoking. If you plan to discard your mask, clean your hands, remove the mask using proper technique, discard it, and clean hands again.



- If you plan to reuse your mask, clean your hands, remove the mask using proper technique, place it in a clean paper bag with your name, and clean hands again.



- Before returning to work, clean your hands, put mask on using proper technique, discard paper bag if used, and clean your hands.




✗ Don't:


- Don't hang your mask from one ear.



- Don't pull your mask under your chin or onto your neck.



- Don't touch your mask while it is on your face. If you do touch your mask, wash your hands.



When not wearing a mask, you must keep 2 metre distance from others

Note: Hands can be cleaned using soap and water or alcohol-based hand rub (if hands are not visibly dirty).