

HOW TO WEAR A FABRIC MASK SAFELY



Wash your hands before touching the mask

Adjust the mask and cover your mouth, nose and chin



Avoid touching the mask with dirty hands



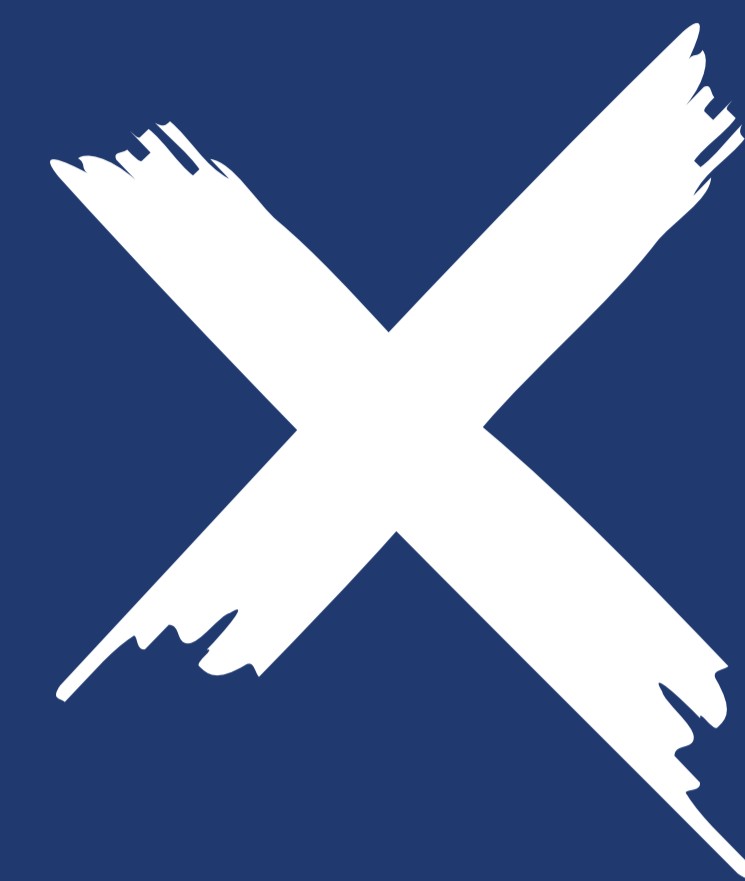
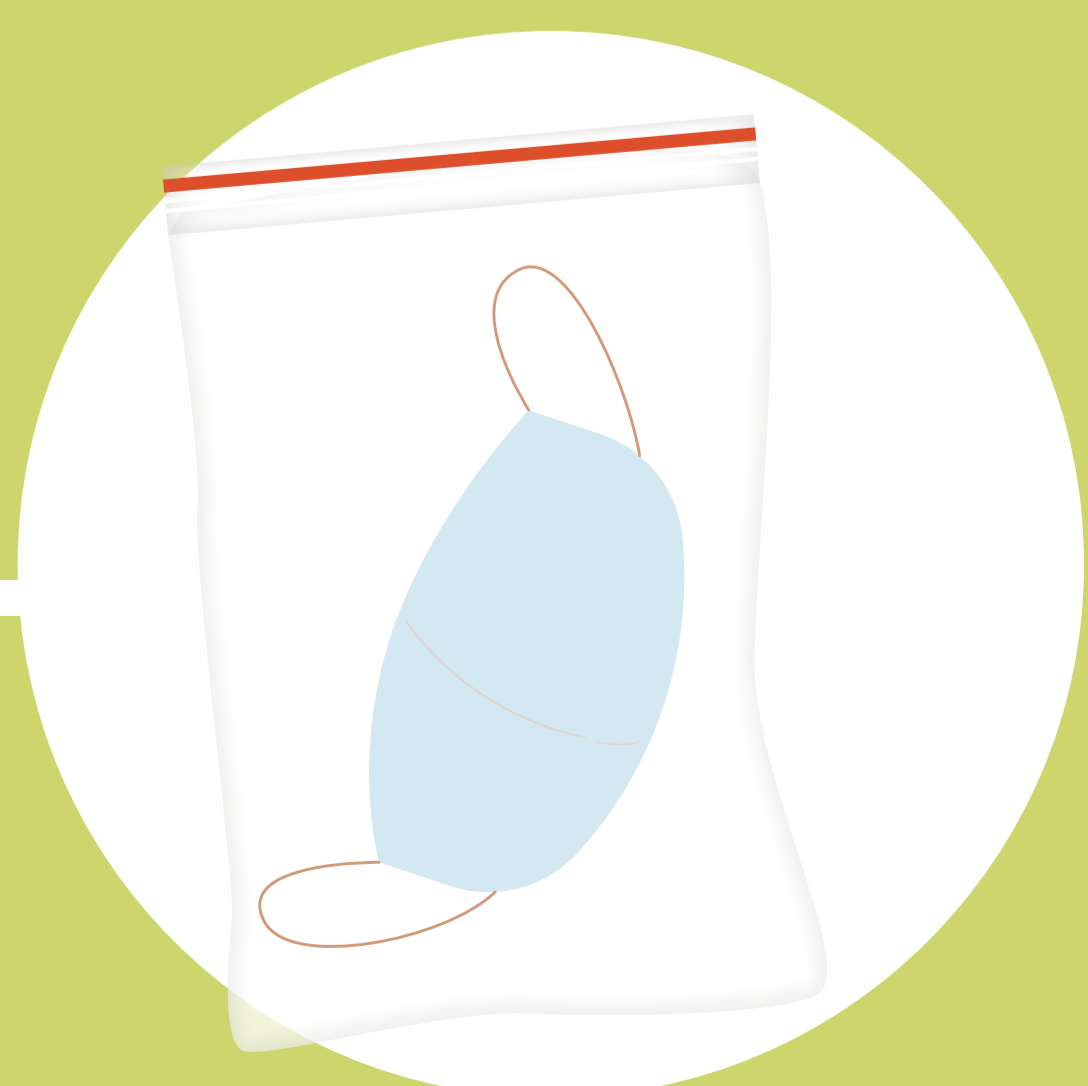
Clean your hands before removing the mask



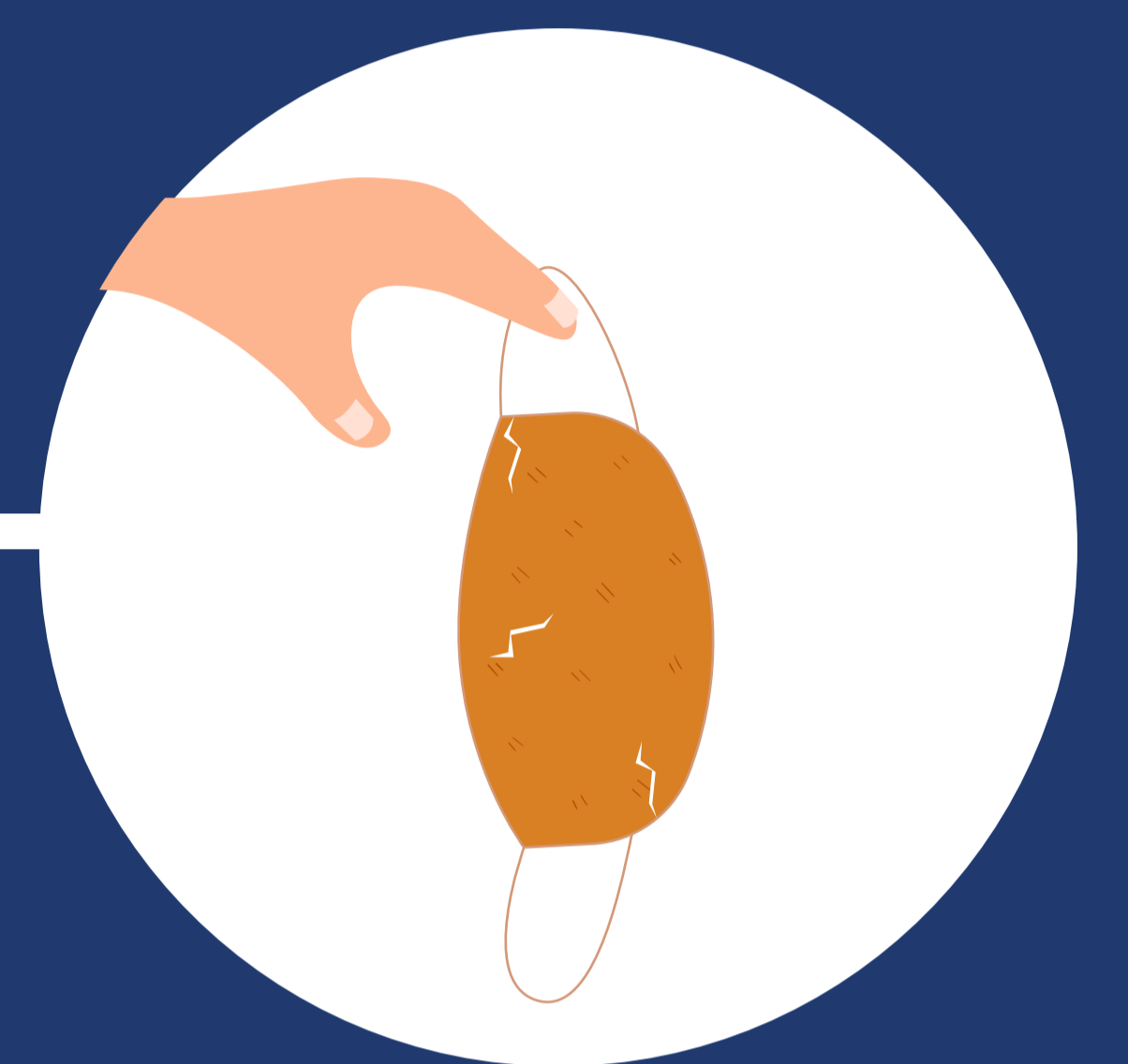
Remove the mask by the straps



Save the mask in a clean plastic bag to wash it later



Do not use a damaged mask



Do not wear a loose mask, or wear it under the nose



Do not use a mask that is difficult to breathe through



Do not use a dirty or wet mask



Do not remove the mask where there are people around, or share your mask with others



CÓMO UTILIZAR UNA MASCARILLA DE TELA



Lávate las manos antes de tocar la mascarilla

Ajusta la mascarilla y cúbrete la boca, nariz y barbilla



Evita tocar la mascarilla con las manos sucias



Limpia tus manos antes de quitarte la mascarilla



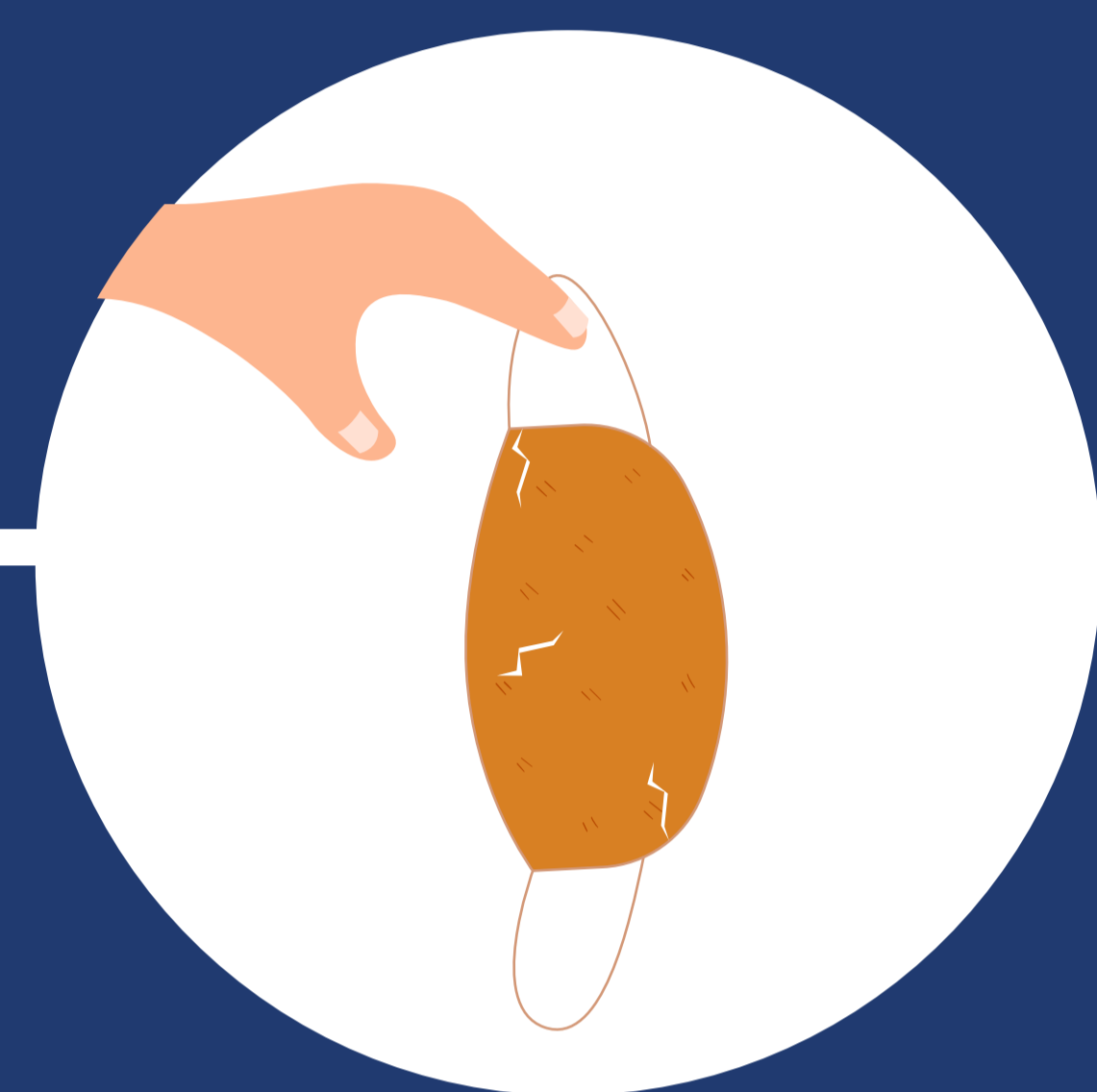
Quítate la mascarilla por las tiras



Guarda la mascarilla en una bolsa de plástico limpia para luego lavarla



No uses una mascarilla dañada



No uses una mascarilla floja y no la uses debajo de la nariz



No uses mascarillas con las que se te dificulte respirar



No uses mascarillas sucias o mojadas



No te quites la mascarilla cuando hay otros alrededor y no compartas tu mascarilla con nadie

