**Instructions on Use of Surgical Mask**

- The mask should be used whenever you are in a public place.
- Wash your hands with soap and water before putting on the mask.
- Put on the mask to cover your nose and mouth, then stretch it gently over your chin.
- Press the thin metal wire along the upper edge gently against the bridge of your nose so that the mask fits nicely on your face.
- Do not remove your mask when you cough or sneeze.
- Change your mask when it becomes wet, soiled or damaged, or if you have difficulty breathing. Do not wear the same mask for a full day.
- Wash your hands after removing your mask.
- Dispose of the used mask in a plastic bag, tie up the bag and throw it into a rubbish bin.