

# How To Remove A Face Mask



Avoid touching the front of the mask. Only touch the ear loops



Hold both of the ear loops



Gently lift and remove the mask



Throw the mask in the designated clinical waste bin or place the mask into a plastic bag and then into your waste bag, if you are going to wear your mask home



Clean your hands with hand sanitiser, or soap and water



Do not pull the mask under your chin and do not put it back on