



PROTECT FRONTLINE WORKERS

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HOW TO WEAR A CLOTH MASK WITH A FILTER POCKET



INSTRUCTIONS

Please wash before use. Filter to be changed every 4 hrs. Do not continue wearing when damp or moist. Wash and clean thoroughly with SOAP.



FILTER

Can use dried wet wipes (polypropylene) or paper towel. Machine-wash friendly. Dryer on high FOR 20 MINUTES. OR ALLOW TO AIR DRY



HOW TO PUT ON THE MASK PROPERLY

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

WHILE WEARING THE MASK

DO NOT touch the front of mask. If you must adjust your mask or change filter, WASH YOUR HANDS prior to doing so. DO NOT keep wearing the mask when it is damp. To take a mask off properly, remove it from behind (Do not touch the front of mask, and clean hands with alcohol-based hand rub or soap and water.) After use place in bag or immediately wash with soap and water. Do not reuse without cleaning.

DISCLAIMER - THIS IS A HARM REDUCTION TOOL

A mask is only effective when it is used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water, and if it is used and handled properly.

Masks cannot be a substitute for physical distancing measures (keeping 2 metres away from others). This mask is not as effective as an N95 or surgical mask and your eyes and other parts of your body are still exposed.

Not for children under 3.