

# How to fit and remove a surgical mask

## Fitting a surgical mask

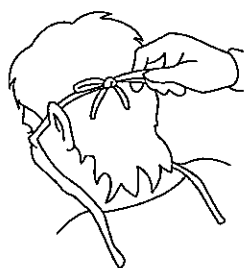


- Position mask over mouth and nose



- Fasten ties or tapes above and below ears at back of head

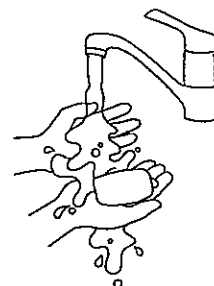
## Removing and disposing of mask



- With clean hands, untie or break ties at back of head



- Remove mask by only handling at the ties, then discard in appropriate waste



- Wash hands

When worn by a sick person, surgical masks limit the spread of droplets produced through talking, coughing or sneezing