To ensure you reduce the risk of spreading COVID 19 to yourself and others,

**Your Mask Must**

1. **✓** Cover the nose and mouth ensuring the mask is blue side out. (Smooth the wire across the bridge of the nose)

2. **✓** Be removed by using the side straps only and disposed of in the correct waste stream.

3. **✓** Be replaced when moist, damaged or visibly soiled.

**Your Mask Must**

4. **✗** Not be worn dangling around the neck after or between each use (remove the mask instead)

5. **✗** Not be touched or lifted up or down once on the face (clean your hands if you accidently touch your mask)

**Remember:** Perform hand hygiene before applying and after removing personal protective equipment (PPE). See the: WHO 5 moments for hand hygiene

**Dispose of used masks** immediately into the correct waste stream. This will vary according to your location, remember to clean your hands afterwards.

For more information on masks please visit [https://www.leedsth.nhs.uk/covid19/facemask-guidance/](https://www.leedsth.nhs.uk/covid19/facemask-guidance/)