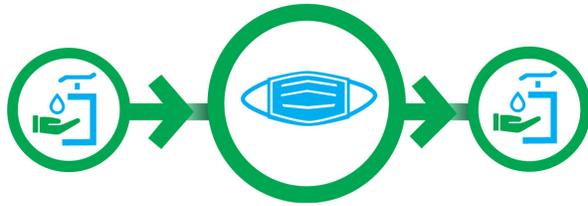


Masking Do's and Don'ts

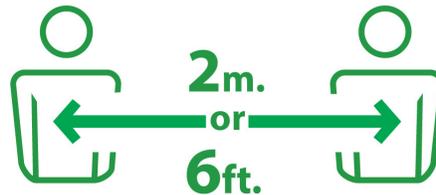
Wear your mask properly to protect those around you.



Clean your hands before putting on or taking off your mask.



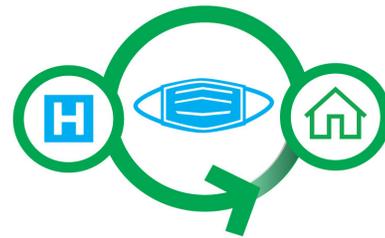
Cover your nose, mouth and chin at all times.



Keep 2 metres (6 feet) apart from others, even while wearing your mask.



Only touch the ear loops when taking off your mask.



Wear your mask at all times while in the hospital. You can wear it home.

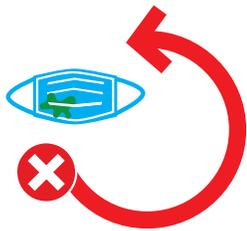




Don't remove your mask when speaking.



Don't wear the mask below your nose or on your chin.



Don't wear a wet or dirty mask.
Don't wear a disposable mask more than once.



Don't touch the front of your mask while you are wearing or removing it.



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