

NHS

**University Hospitals
Plymouth**
NHS Trust



Clean your hands with soap and water or hand sanitiser



Pick up your mask with the blue material facing outwards and the wire at the top



Put on the mask using the ear loops

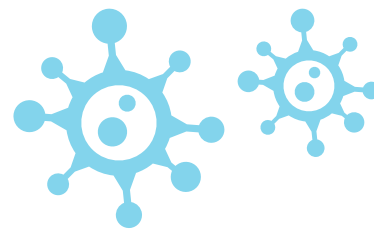


Mould the wire around your nose to ensure a good fit



Pull the bottom of the mask down under your chin

CORONAVIRUS
Protect yourself
Protect others



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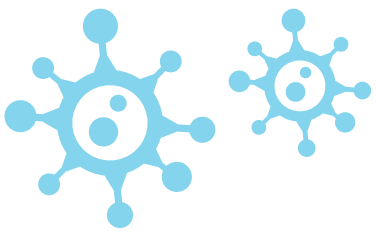


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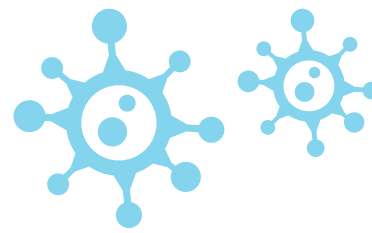
For video instruction go to:

<https://www.youtube.com/watch?v=zJpulp76hx0>

When wearing your mask you should make sure that:

- Your mask covers your nose, mouth and chin completely
- Your mask is fitted securely around your nose
- Your mask does not have any rips or tears
- You do not touch the front of your mask once it is on
- You do not pull your mask down around your neck when it is not in use

Masks must be disposed of in “offensive, non-infectious” waste bags (tiger waste). Bins will be provided in admin and key areas, e.g. entrances, for the disposal of masks, please do not put them in black general waste bags.



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