

正確佩戴外科口罩

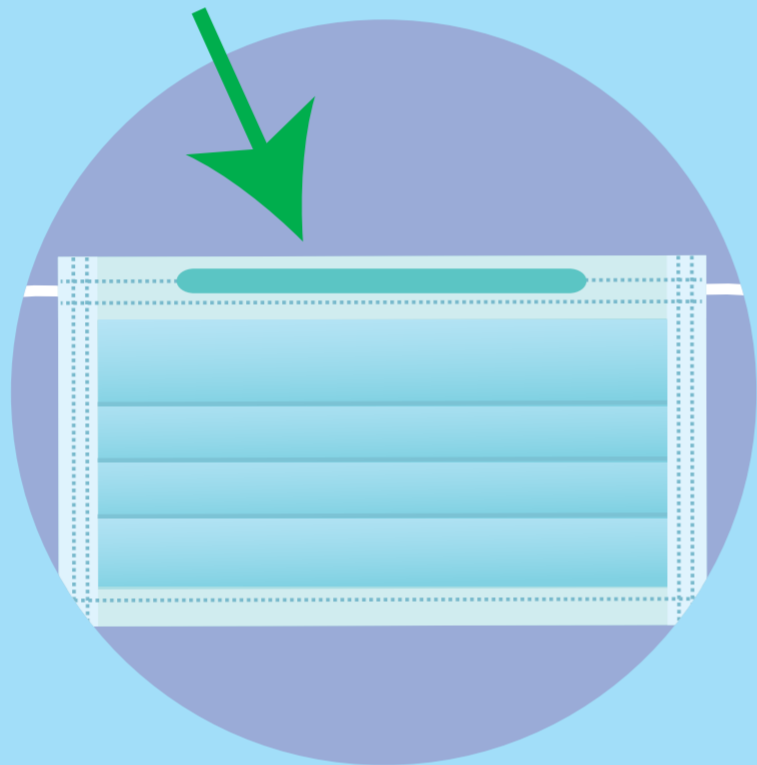
Wear a Surgical Mask Properly



- 1** 佩戴口罩前，必須清潔雙手
Perform hand hygiene before wearing a mask



- 2** 選擇合適尺碼的口罩
(在沒有成人監管下，2歲以下幼兒不應使用口罩)
Choose a mask of appropriate size
(Face mask is not recommended for children under the age of 2 years without supervision)



- 3** 有顏色 / 摺紋向下的一面向外，
有金屬條的一邊向上
The coloured side / the side with folds facing downwards of the mask should face outwards with the metallic strip uppermost



- 4** 口罩緊貼面部。拉開口罩，
完全覆蓋口、鼻和下巴
Mask should fit snugly over the face.
Extend it to cover fully the mouth, nose and chin



- 5** 佩戴口罩後，要避免觸摸口罩
Avoid touching the mask afterwards

