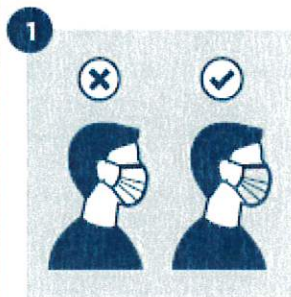


# How to properly wear a face mask



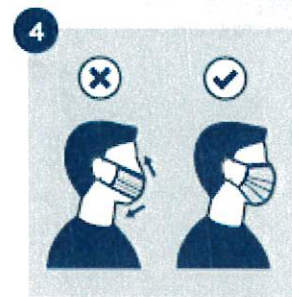
1  
ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS



2  
SECURE THE STRINGS BEHIND YOUR HEAD OR OVER YOUR EARS



3  
PRESS THE METALLIC STRIP TO FIT THE SHAPE OF THE NOSE



4  
COVER MOUTH AND NOSE FULLY MAKING SURE THERE ARE NO GAPS



5  
WEAR MASK



6  
DO NOT TOUCH THE MASK WHILE USING IT, IF YOU DO WASH YOUR HANDS



7  
REMOVE THE MASK FROM BEHIND BY HOLDING THE STRINGS WITH CLEAN HANDS

**FACTS.**  
**OVER FEAR**

COVID-19

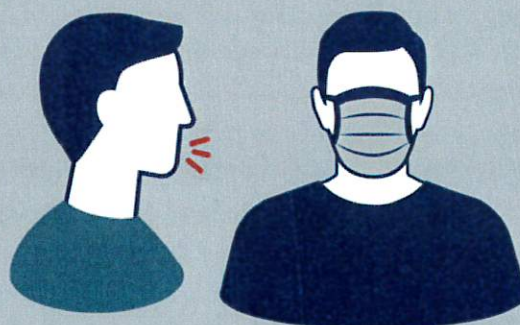
## FACE COVERINGS

### GUIDANCE FOR EFFECTIVE USE



TRY NOT TO TOUCH YOUR FACE WHEN PUTTING ON AND TAKING OFF A FACEMASK

WASH YOUR CLOTH FACEMASK ROUTINELY WITH YOUR REGULAR LAUNDRY.



ALWAYS WASH YOUR MASK IF YOU HAVE BEEN AROUND SICK PEOPLE OR WHEN IT BECOMES WET OR VISIBLY DIRTY.

WASH YOUR HANDS BEFORE PUTTING ON YOUR MASK AND AFTER TAKING IT OFF.





# SYMPTOMS OF novel coronavirus (COVID-19), a cold and the flu



SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Cough	Common	Common	Common
 Sore throat	Sometimes	Common	Common
 Shortness of breath	Sometimes	No	No
 Fatigue	Sometimes	Sometimes	Common
 Aches and pains	Sometimes	No	Common
 Headaches	Sometimes	Common	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes especially for children
 Sneezing	No	Common	No