Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

When to wear a Mask?

Everyone NEED NOT WEAR a mask!

Only wear a mask if

- You have symptoms (Cough, fever or difficulty in breathing)
- You are caring for a COVID-19 suspect/confirmed patient
- You are a health-worker attending to patients with respiratory symptoms

While wearing a mask, make sure you:

- Unfold the pleats of the mask; make sure that they are facing down.
- Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.
- Avoid touching the mask, while using it.
- Do not leave the mask hanging from the neck.
- Change the mask after six hours or as soon as they become wet.
- Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.
- Do not touch the potentially contaminated outer surface of the mask, while removing it.
- After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

Together we can fight COVID-19!

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For further information call
Ministry of Health & Family Welfare,
Government of India's
24X7 control room number

1075 (Toll Free) | 011-23978046

Email at ncov2019@gmail.com

mohfw.gov.in @MoHFWIndia @MoHFW_INDIA mohfwindia

You may cut this out and paste in your office/public place/home