

# WEARING A MASK



PLATINUM  
HEALTH

## ✓ DO'S



Pull the hair back



Cover the  
mouth and nose



Tie the straps behind  
the head & neck



Remove the mask by  
grabbing it from the  
back

## X DON'TS



Pull below the nose



Wear on the forehead



Pull below the chin



Cross the straps



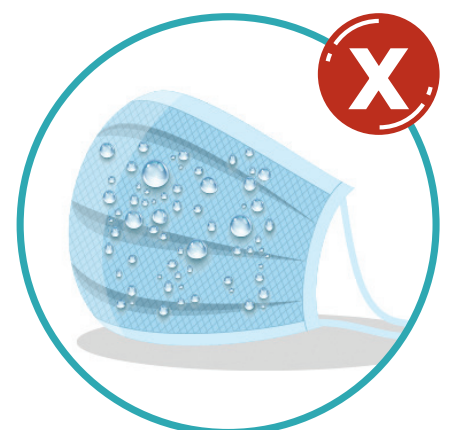
Leave your hair  
down the face



Hang the mask  
from one ear



Leave the  
straps hanging



Wear a dirty  
or wet mask