

# How to wear an FFP2 and FFP3 face mask

This is a generic instruction on how to wear an FFP2 face mask. The actual mask you are issued with may be slightly different and have different ear loops or straps but it will come with its own fitting instructions on the packaging which you should follow.

**Trim your facial hair before wearing your mask.** If you know you need to wear a mask, shave off all facial hair. It can get in the way of the mask and prevent a tight, sealed fit, which will compromise the effectiveness of the mask. **Wash your hands well before putting on your mask.** Use soap and water and dry your hands well so you don't get the mask wet. This will prevent you from accidentally contaminating your mask before you put it on. We also recommend using alcohol hand sanitising gel.



**Cup the mask in one hand and place it over your mouth and nose.** Place the mask in the palm of your hand so that the straps face the floor. Set it over your nose and mouth with the nosepiece fitting over the bridge of your nose. The bottom should go just under your chin. Try to touch only the outside and edges of the mask to keep it clean.



**Pull the bottom and top straps over your head.** If your mask has two straps, pull the bottom one over your head and secure it around your neck, just under your ears. Continue to hold the mask tightly against your face with the other hand. Then, pull the top strap over and set it above your ears



**Mould the nose piece around the bridge of your nose.** Set your first 2 fingertips on either side of the metal nose clip at the top of your mask. Run your fingers down both sides of the strip, moulding it along the bridge of your nose. If your mask doesn't have a nosepiece, simply make sure the fit is tight and snug around your nose.



**Breathe through the mask and test for leaks.** Set both hands against the mask and take a breath to make sure that it seals against your face. Then exhale, feeling for any leakage from the nosepiece or around the edges. If you feel air leaking from the nose area, re-mould the nosepiece. If it's coming from the edges of the mask, adjust the placement of the straps on the sides of your head.



**Remove your mask by pulling the straps over the top of your head.** Without touching the front of the mask, pull the bottom strap over your head. Let it hang down over your chest. Then, pull the top strap over.

You can either throw the mask away or store it in a clean, sealed container or bag. Avoid touching the mask itself, as it might be contaminated.