

How to put on and take off a medical mask

To protect you and help stop infections spreading, follow these instructions for how to put on your medical mask so that it fits well.

How to put on a medical mask



Clean your hands.



Check the mask isn't damaged, dirty or wet.



Hold the mask by the elastic ear loops on each side.



Bring the mask up to your face to cover your nose, mouth and chin.



Hook the elastic loops behind your ears



Pinch the mask around your nose and hold it in place. Using your other hand, grab the bottom of the mask and pull it down under your chin.



Fit the mask well to your face, pushing down firmly along your nose and cheeks.



Check the edges of the mask to make sure it's fitting well and there are no big gaps.

How to remove a medical mask



Remove the mask by unhooking the ear loops.



Dispose of mask in a rubbish bin, not in a recycling bin.



Clean your hands.

Find out more about face masks
covid19.govt.nz/masks