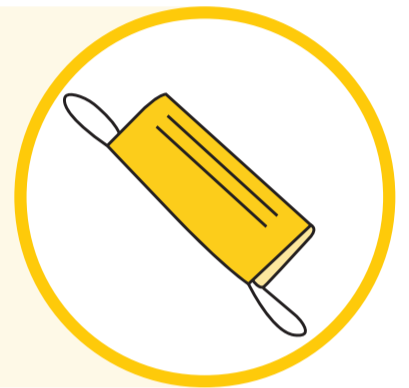


# How to make your face mask fit tightly

The effectiveness of a face mask can be improved by making sure your mask is tightly fitted to prevent any air gaps between the mask and your face.

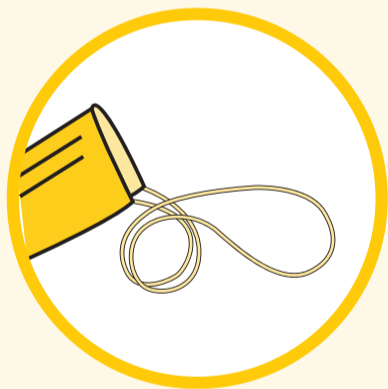
## Fold your mask in half

Clean or sanitise your hands first. Fold the mask top to bottom.



## Tie knots in the ear loops

Tie a knot where the string attaches to the mask and pull tight. Do this on both sides of the mask.



## Fit the mask to your face

Place the face mask over your nose, mouth and chin.

Fit the mask comfortably, but securely, against the side of your face.

Make sure you mould the nose wire to your nose and there are no gaps at the sides.



Find out more about face masks

[covid19.govt.nz/masks](https://covid19.govt.nz/masks)