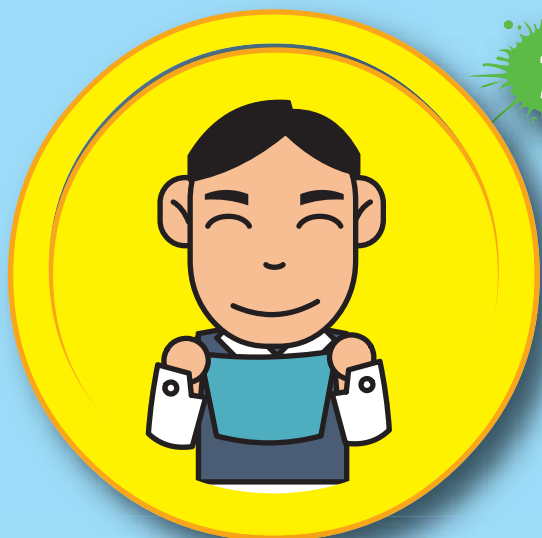


正确使用外科口罩

Use Surgical Mask Properly

如果你有咳嗽，噴嚏或怀疑有呼吸道感染病，
你需要戴上口罩。

If you cough, sneeze or suspected to have any respiratory tract infection symptoms, you need to wear mask.



1

用清洁的手取出口罩
Pick up the mask with clean hands.



2

口罩有颜色的一面向外，
有金属条的一面向上。
用清洁的手戴上口罩
The coloured side of the mask faces outwards, with the metal strip uppermost. Put on the mask with both clean hands.



3

将口罩向下拉至下巴
Spread out the folds to cover the chin.



4

将金属条沿鼻梁按下
Mold the metal strip to fit the shape of the nose.

