

فقيه.

اكاديمية فقيه الطبية
Fakeeh Care Academy

فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

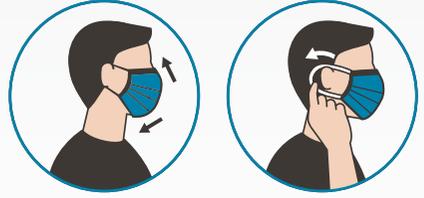


How to Wear and Take off Your Mask?

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How to Put on and Wear Your Mask Correctly?

- Wash your hands or use hand sanitizer before
- Putting on your mask.
- Put it over your nose and mouth.
- Be sure your mask fits snugly against the sides of your face and under your chin.
- Make sure you can breathe easily.



Wear a Mask to Protect Yourself and Others

- 19-Wear a mask over your nose and mouth to help prevent getting and spreading COVID.
- Wear a mask in public settings, when you cannot stay six feet apart from people who don't live with you.

How to Take off Your Mask



Untie the strings behind your head or stretch the ear loops.



Flod outside corners together.



Handle only by the ear loops or ties.



Wash hands immediately after removing.

Other Ways to Protect Yourself

- Stay at least 6 feet away from others.
- Avoid crowds and places with poor ventilation.
- Wash your hands often.
- Get a vaccine when it is offered.

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