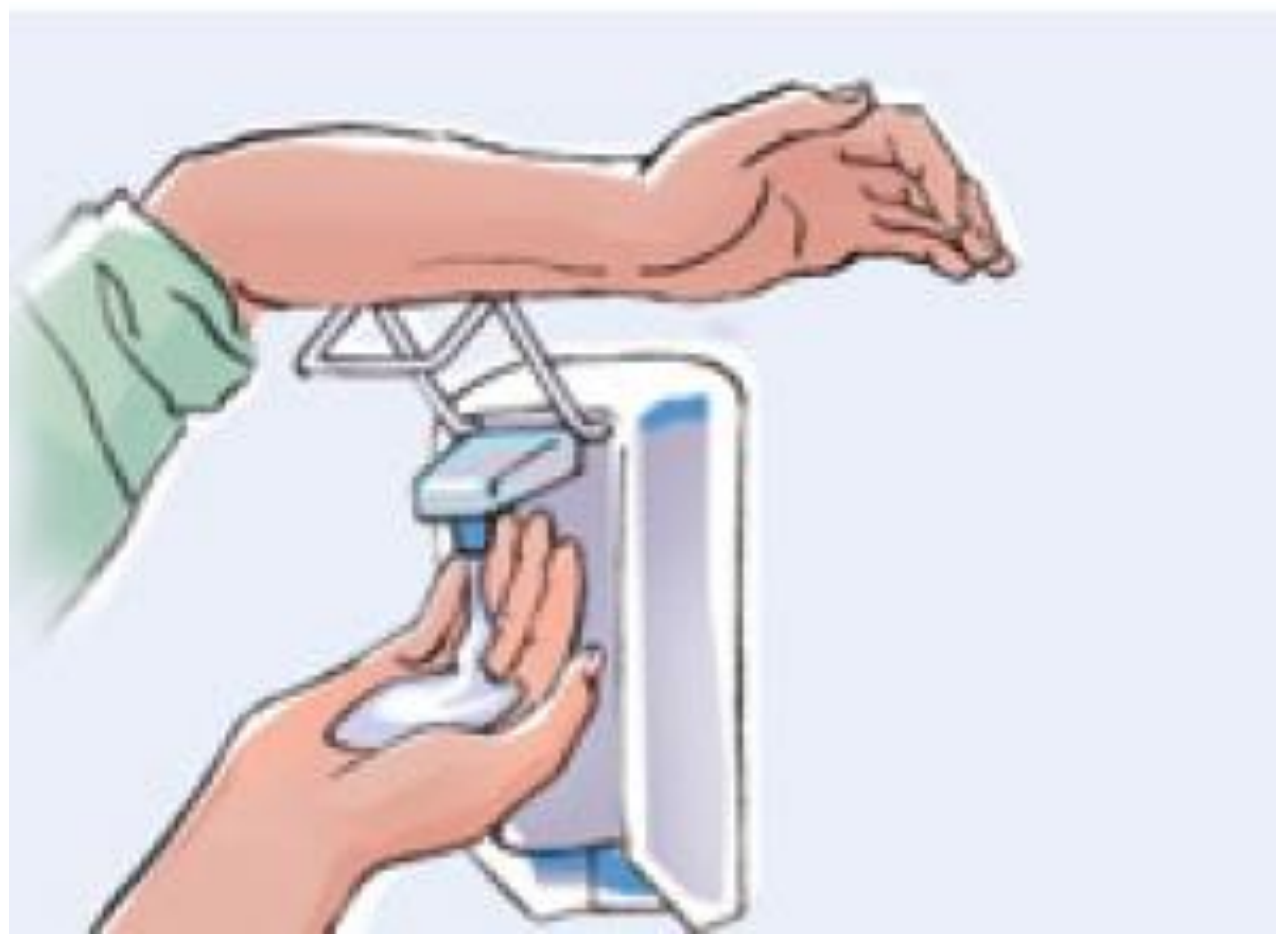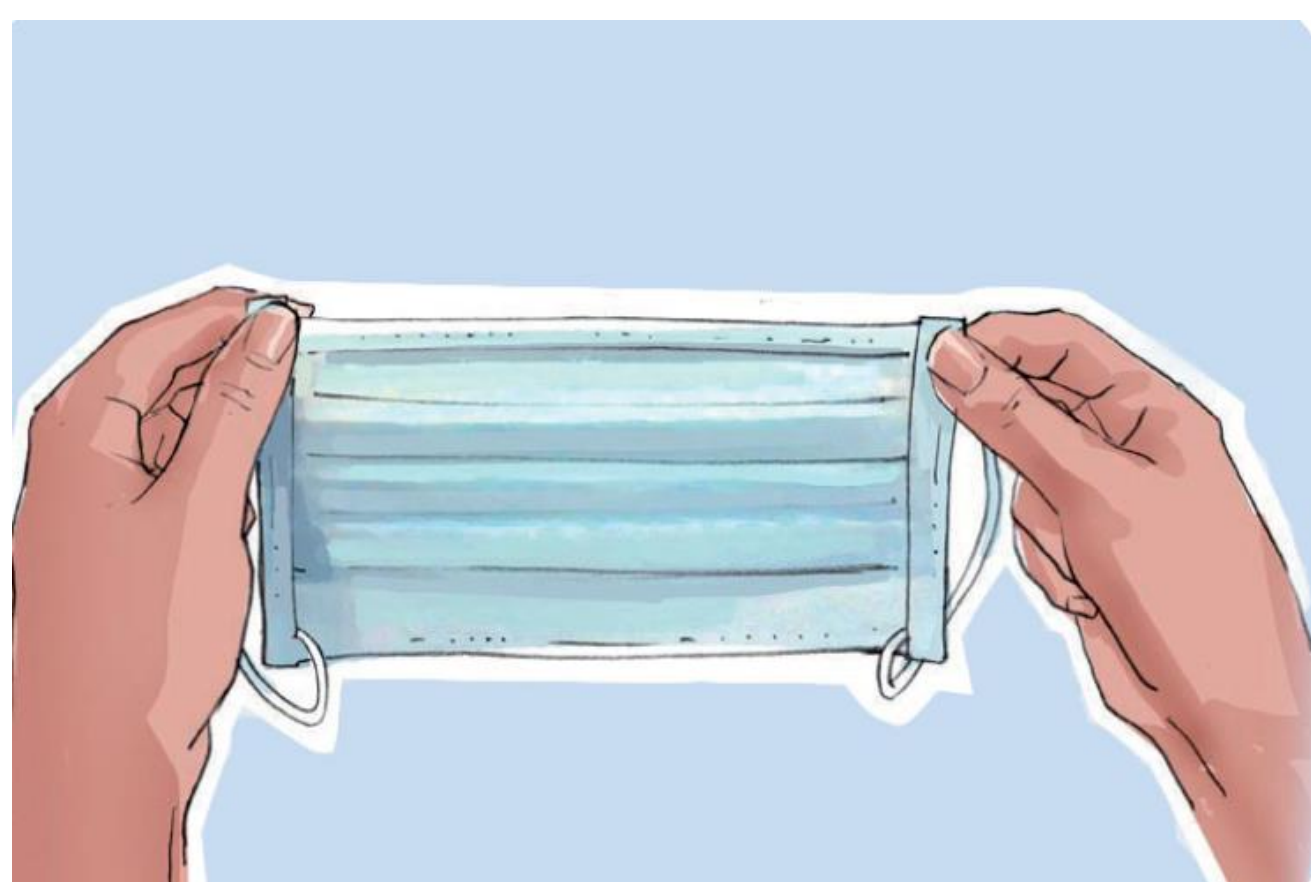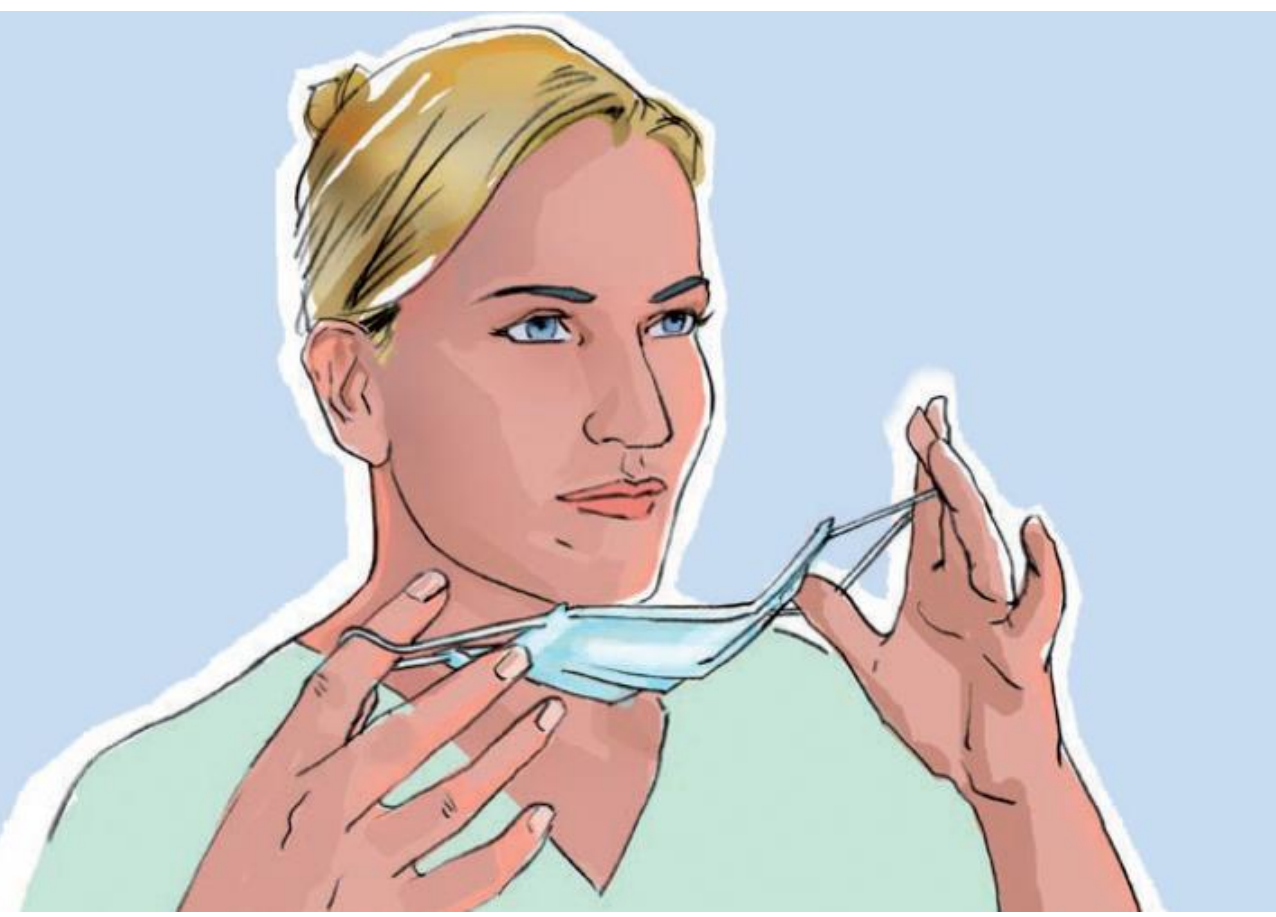# Wearing a surgical mask

Put on a surgical mask

Disinfect your hands

Hold the mask and locate the nose clip

Hold the mask by the elastic headbands with the inside of the mask (white colour) facing

Place the headbands behind your ears

Position the nose clip across the nose with one hand and adjust both mask panels

Disinfect your hands again

Remove a surgical mask

Disinfect your hands

Remove the headbands from behind the ears

Remove the mask from your face

Discard the mask in waste container

Disinfect your hands again

NephroCare