



Ministry of Health & Family Welfare  
Government of India



Help us to  
help you



# NOVEL CORONAVIRUS (COVID-19)


## When to wear a Mask?


**Everyone NEED NOT WEAR a mask!**


Only wear a mask if


- You have symptoms (Cough, fever or difficulty in breathing)
- You are **caring for** a COVID-19 suspect/confirmed patient
- You are a **health-worker** attending to patients with respiratory symptoms


**While wearing a mask, make sure you:**


 Unfold the pleats of the mask; make sure that they are facing down.


 Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.


 Avoid touching the mask, while using it.

 Do not leave the mask hanging from the neck.

 Change the mask after six hours or as soon as they become wet.

 Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.

 Do not touch the potentially contaminated outer surface of the mask, while removing it.

 After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

**Together we can fight COVID-19!**

For further information call  
Ministry of Health & Family Welfare,  
Government of India's  
24X7 control room number

**1075 (Toll Free) | 011-23978046**

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