



Public Health  
England

# How to take off your face mask

## Step one

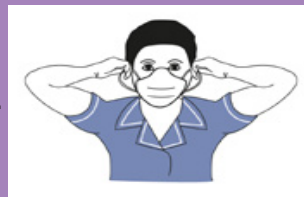
Clean hands.



## Step two

Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only because the front of the face mask may be contaminated. Lean forward slightly.

Discard. DO NOT  
reuse once removed.



## Step three

Clean hands with  
soap and water.



Or clean your hands  
with alcohol gel.