

# 正確佩戴口罩

## Proper Use of the Surgical Mask



醫院管理局  
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Hospital Authority  
New Territories East Cluster



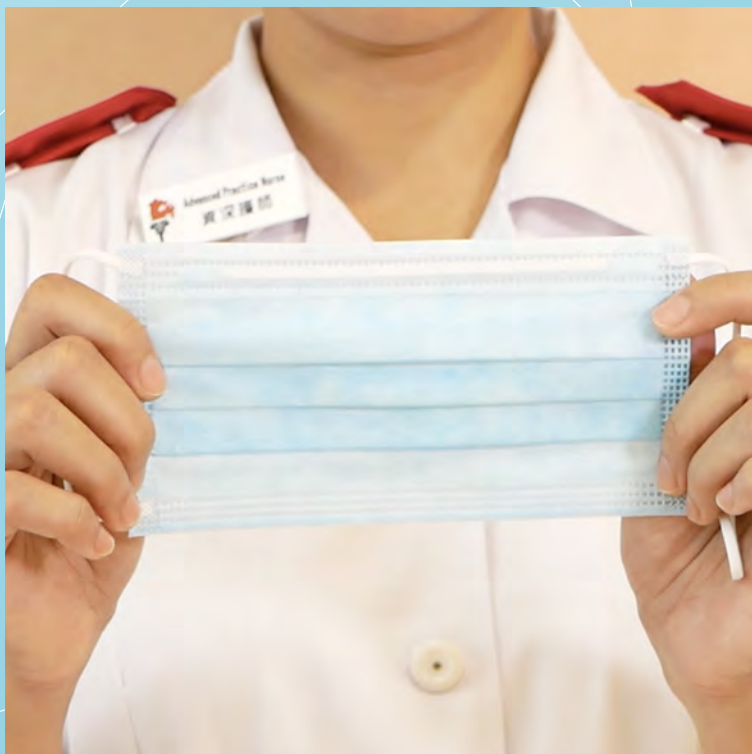
# 1. 佩戴外科手術口罩前，應徹底清潔雙手

Wash your hands thoroughly before wearing a surgical mask



## 2. 佩戴口罩時，有顏色的一面應向外

When wearing a mask, the coloured side should face outward



### 3. 金屬軟條向上，風琴式皺摺向下

The metallic strip should be on top with the pleats underneath



#### 4. 把橡皮圈繞在耳朵上，使口罩緊貼面部

Position the elastic bands around both ears to keep the mask in place



5. 將皺摺向下拉，以覆蓋口、鼻及整個下顎

Unfold the pleats to cover the mouth, nose and the entire chin



## 6. 按壓金屬軟條至緊貼鼻樑及面部

Press the metallic strip firmly against the bridge of the nose and the cheeks



## 7. 確定口罩邊沿完全貼面，戴好後應避免再觸摸口罩

Make sure the edge of the mask fits the face closely and avoid touching the mask once it is secured on the face





8. 脫下口罩時，應先徹底清潔雙手及只抓住橡皮圈

Clean your hands thoroughly before removing the mask and only touching the elastic bands



9. 將用過的口罩棄置於有蓋垃圾桶內，然後清潔雙手

Dispose of the used m ask in a lidded rubbish bin then clean hands

