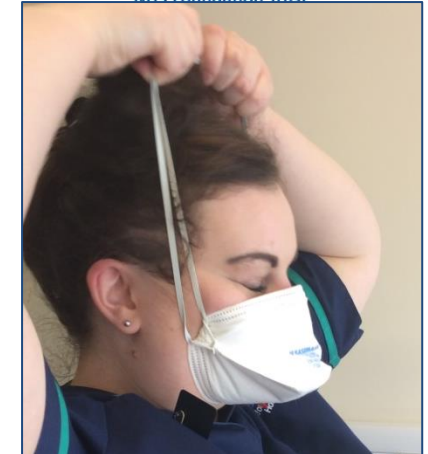# Safe removal of FFP3 mask

1) Stand up straight, avoid bending neck so to not touch upper body with the mask

2) Reach back of head, find bottom string of the mask

3) Bring bottom string up to the top string

4) Close eyes.
Lift both strings over the top of the head.

5) Let the mask fall away from the face

6) Dispose mask in clinical waste

7) Clean your hands with hand sanitiser or soap and water.