

Mask Clearing

It's as easy as
1 2 3



1 PRESS IN **2** BLOW OUT **3** LOOK UP



1

PRESS IN
at top of mask



Use one or both hands to seal top and sides



2

BLOW OUT
through your nose



Air pushes water out



3

LOOK UP
Bottom of skirt



Becomes lowest point



REMEMBER:

3 simple steps
to clear your
mask



PRESS IN **BLOW OUT** **LOOK UP**

