HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

**Dos**

- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust your mask to your face without leaving gaps on the sides
- Cover your nose, mouth and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Pull the mask away from your face
- Store the mask in a clean, plastic re-sealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask with soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

**Don’ts**

- Don’t wear a mask that looks damaged
- Don’t wear a loose mask
- Don’t wear the mask under the nose
- Don’t remove the mask where there are people within 1 metre
- Don’t use a mask that is difficult to breathe through
- Don’t wear a dirty or wet mask
- Don’t share your mask with others

To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

We’re All In,
Together let’s stop the spread of COVID-19

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