

HOW TO WEAR A MASK

When putting on a facemask, clean your hands and put on your facemask so it fully covers your mouth and nose.

DO wash your hand with soap and water.



DO ensure you have a good fit on your cheeks leaving minimal gaps.



DO ensure the mask covers your mouth, nose and chin.

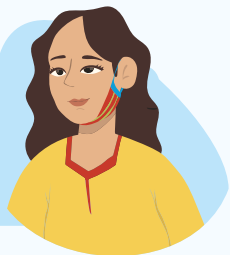


DO remove your facemask touching **ONLY** the straps, place it in a bag and take it home and wash it in hot water with soap and air dry.



When wearing a facemask, don't do the following:

DON'T wear your facemask under your chin.



DON'T wear your facemask under your nose.



DON'T touch or adjust your facemask without cleaning your hands.



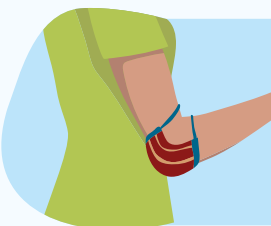
DON'T wear your facemask on your head.



DON'T wear your facemask around your ear.



DON'T hang it on your arm when doing exercise. Keep it in a clean bag when taking it off your face.





Community masks have less environmental impact because they can be washed and reused. Disposable medical masks are not biodegradable - filling up landfill sites and ending up in rivers and oceans.



Medical masks should be used by healthcare workers. Locally made community mask should be for the general public from 6 years, where social distancing is not possible.