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** 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.

**DON’T** touch or adjust your facemask without cleaning your hands.

**DON’T** wear your facemask on your head.

**DON’T** wash your hand with soap and water.
Medical masks should be used by healthcare workers. Locally made community masks should be for the general public from 6 years, where social distancing is not possible.

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.