HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's

- Adjust the mask to your face without leaving gaps on the sides.
- Cover your mouth, nose, and chin.
- Avoid touching the mask.
- Clean your hands before touching the mask.
- Inspect the mask for damage or if dirty.
- Remove the mask by the straps behind the ears or head.
- Pull the mask away from your face.
- Store the mask in a clean plastic, resealable 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 in soap or detergent, preferably with hot water, at least once a day.
- Clean your hands after removing the mask.

Don’ts

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

A fabric mask can protect others around you. 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.