

How to put on and wear a face mask



Before putting on a mask

Clean your hands with alcohol based sanitiser or soap and water if available.

Remove mask from packet.

Open mask fully and inspect for any holes or tears.



How to put on the mask

Determine which side of the mask is the top (the top has the stiff bendable edge).

Determine which side is the front. Generally the coloured side is the front and should be away from your face.

Place each loop around each ear.

Pinch nose bar to the shape of your nose.

Adjust mask to your face.

Note: The mask must cover your nose, mouth and chin.



While wearing the mask

Avoid touching the mask or your face under the mask.

When the mask becomes damp, you will need to **replace it with a new mask**.

To **remove mask** follow instructions below (Removing the mask).



Removing the mask

Clean hands with alcohol-based hand sanitiser or soap and water.

Do not touch the front of the mask. Remove by taking hold of the ear loops and remove.

Discard immediately into a garbage bin.

Never reuse a mask.



Where possible you should maintain physical distance from others and clean your hands frequently and thoroughly, even while wearing your mask. Stay home if you're unwell.