HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO’S

- **DO** wear a non-medical mask or face covering to protect others.
- **DO** inspect the mask for tears or holes.
- **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
- **DO** ensure your nose and mouth are fully covered.
- **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- **DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.
- **DO** ensure the mask is made of at least two layers of tightly woven fabric.
- **DO** ensure the mask or face covering is clean and dry.
- **DO** use the ear loops or ties to put on and remove the mask.
- **DO** replace and launder your mask whenever it becomes damp or dirty.
- **DO** store reusable masks in a clean paper bag until you wear it again.

DON’T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

DON’TS

- **DON’T** reuse masks that are moist, dirty or damaged.
- **DON’T** touch the mask while wearing it.
- **DON’T** hang the mask from your neck or ears.
- **DON’T** leave your used mask within the reach of others.
- **DON’T** wear a loose mask.
- **DON’T** remove the mask to talk to someone.
- **DON’T** share your mask.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can’t maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.