COVID-19: How to safely use a non-medical mask or face covering

Do’s

- **Do wear a non-medical mask or face covering to protect yourself and others.**
- **Do ensure the mask is made of at least 3 layers, including 2 layers of tightly woven fabric, with a filter or filter fabric between layers.**
- **Do inspect the mask for tears or holes.**
- **Do ensure the mask or face covering is clean and dry.**
- **Do wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.**
- **Do use the ear loops or ties to put on and remove the mask.**
- **Do ensure your nose, mouth, and chin are fully covered.**
- **Do replace and launder your mask after each use, or whenever it becomes damp or dirty.**
- **Do wash your mask with hot, soapy water and let it dry completely before wearing it again.**
- **Do store re-usable masks in a clean paper bag until you wear it again.**
- **Do discard masks that cannot be washed in a garbage bin after use.**

Don’ts

- **Don’t wear masks with exhalation valves or vents.**
- **Don’t wear a loose mask.**
- **Don’t touch the mask while wearing it.**
- **Don’t remove the mask to talk to someone.**
- **Don’t hang mask from your neck or ears.**
- **Don’t share your mask.**
- **Don’t leave your used mask within the reach of others.**
- **Don’t reuse masks that are damp, dirty or damaged.**

Remember, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. Stay at home if you’re sick, wash your hands often and practise physical distancing.

Do your part to protect yourself and others

Wear a non-medical mask or face covering:

- when you’re in shared indoor spaces
- when you can’t maintain a 2-metre physical distance from others
- as advised by your local public health authority

Be kind

Some people may not be able to wear a mask or face covering.

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 years

Be environmentally responsible

- Wear reusable masks whenever possible.
- Washable and reusable masks are more environmentally friendly than disposable masks.
- If you must use a disposable mask, dispose of it properly.
- Don’t litter.