HOW TO WEAR A NON-MEDICAL FABRIC FACE COVERING SAFELY

- Clean your hands before touching the mask
- Inspect the mask for damage or dirt
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth and chin, ensure you are breathing through the mask
- Avoid touching the mask
- Clean your hands before removing the mask
- 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. If not retain in bag and dispose of responsibly*
- 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

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to socially distance from others, clean your hands frequently and thoroughly, avoid touching your face and mask. Do not wear around head, neck or chin even when eating or drinking.

Based on WHO advice


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