

# 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 ok



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

\*See Government advice on disposal: <https://www.gov.uk/guidance/coronavirus-covid-19-disposing-of-waste>