

FACE MASK DO'S AND DON'TS

WHEN PUTTING ON A FACE MASK

Before putting on your face mask, clean your hands with soap and water or use hand sanitiser (containing at least 60 percent alcohol). Ensure your hands are dry.



Place the face mask over your nose and mouth, holding it by the sides (or ties) and secure with ties or loops. Make sure the mask fits snugly, moulded to your face and around your nose. Make sure the mask fully covers your nose, mouth and chin. Your mask should be comfortable, with no gaps around the mask and your face, and allow you to breathe easily.

WHEN WEARING A FACE MASK, DON'T DO THE FOLLOWING:



DON'T wear your face mask under your nose or mouth.



DON'T touch or adjust your face mask without cleaning your hands before and after.



DON'T wear your face mask under your chin or around your neck.



DON'T wear your face mask on your head.
DON'T wear your face mask around your arm.

WHEN REMOVING A FACEMASK

Before removing your face mask, clean your hands with soap and water or use hand sanitiser (containing at least 60 percent alcohol). Ensure your hands are dry.



Remove the face mask (do not touch the front of the mask) by untying ties or removing loops and pull it away from your face. Be careful not to touch your eyes, nose and mouth when removing your mask. Clean or dispose of it appropriately

Clean your hands again.