How to safely wear a face covering

1. **Wash** or sanitise your hands before touching your mask.

2. **Take** your clean or unused mask by the ears loops and put them over your ears.

3. **Cover** your mouth, nose and chin. **Press** the nose strip against your nose bridge, face and under your eyes. The mask should not hang under your chin or around your neck, even when eating or drinking.

4. **Avoid** touching or adjusting your mask. **Replace** the face mask if it becomes wet or damaged. **Wash** or sanitise your hands after touching your mask.

5. **Wash** or sanitise your hands before removing the mask.

6. **Remove** the mask by the straps and pull away from your face. Don’t touch the front of the mask.

7. **Dispose** of single-use mask or place reusable mask in the laundry or place in a sealed bag to be cleaned.

8. **Wash** or sanitise your hands after removing the mask.

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