



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 you 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.

