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.

LOOP OVER

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.

PRESS DOWN

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.

PULL AWAY

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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