How to use a cloth mask safely

DO ✓

If you are sick with coronavirus or caring for someone who has it, speak to your health worker or hotline about what masks and protection to use.

- Get a mask that fits comfortably and does not move.
- Wash/sanitise hands before use.
- Take your time to ensure your mask fits properly before leaving home:
  1. Open and close your mouth several times to check it does not move.
  2. Ensure that most of the bridge of your nose is covered.
  3. Make sure the bottom of the mask is under your jaw line and chin.
- Only touch straps to remove it.
- Wash/sanitise hands immediately after removing it.

5 Golden Rules
1. Wash hands
2. Don't touch face
3. Keep physical distance
4. Cover your cough
5. Sick? Stay home

DON'T

Don't ever use someone else's mask. If you don't have a mask, use a scarf or bandana.

Don't touch your face or fiddle with the mask.

Don't let the mask slip or pull it down so that your nose or mouth is exposed.

health
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Source: NDoH. *Practical manual for implementation of the National Infection Prevention and Control Strategic Framework.* **2020**
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