

HOW TO WEAR A FACE MASK

There are two types of face masks you can use: cloth masks and single use surgical masks. Cloth masks are made of washable fabric and can be re-used.

HOW TO APPLY:



Wash or sanitise your hands before putting on the mask.

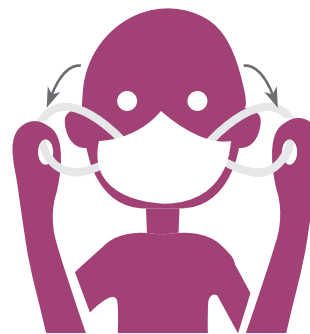
HOW TO REMOVE:



To remove the mask wash or sanitise your hands first.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.



Do not touch the front of the mask while wearing it.

If you do touch the mask, wash or sanitise your hands immediately. Do not allow the mask to hang around your neck.



Fold cloth masks and put them directly into the laundry or into a disposable or washable bag for laundering. Single use masks and cloth mask filters should be disposed of responsibly. Wash or sanitise your hands after removing the mask.



Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19)



community
INTERLINK

For more information:

www.dhhs.vic.gov.au/face-masks-covid-19

**Adapted from the Department of Health and Human Services 'How to Wear a Face Mask' poster.*