

# HOW TO USE FACE COVERINGS

Always clean your hands before putting on or taking off a face mask

## THE CORRECT COVERING FOR YOU

Medical masks should be reserved for health personnel and those identified as 'at risk'. If you have been advised to wear a medical mask, always have the coloured side showing outermost and the metal band at the top of your nose.



## CHECK YOUR FIT

Ensure that the face covering is made from a fabric that is comfortable to wear.

Check that it is easy to fit, completely covers your nose and mouth and fits all the way down under your chin.

To ensure a snug fit around your face without any gaps tighten the loops or ties. Tie them high on top of your head if required to get a good fit. Once fitted DO NOT touch or fidget with the face covering.



## REMEMBER TO COVER YOUR NOSE PROPERLY



## SAFE REMOVAL

Use the ear loops or ties to take the face mask off.

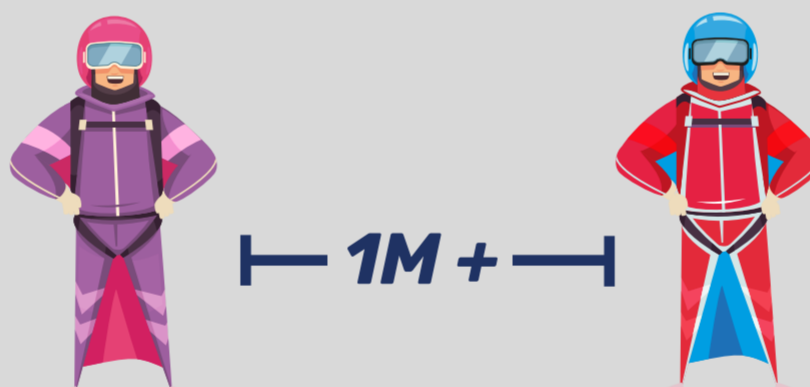
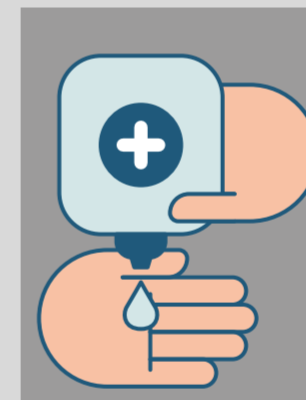


Do not touch the front when you take it off.

## DISPOSAL OF SINGLE-USE MASKS

Ensure that you dispose all single-use masks properly, by putting it in a sealable bag before placing in a bin.

Remember to clean your hands and social distance.



**DO NOT:** Wear the face covering below your nose



**DO NOT:** Leave your chin exposed.



**DO NOT:** Wear it loosely with gaps on the side.



**DO NOT:** Wear it so it covers just the tip of your nose.



**DO NOT:** Push it on your chin to rest on your neck.

## TIPS TO STAY SAFE

**ALWAYS** wash your hands before and after handling your face covering.

Carry unused face coverings in a sealable clean waterproof bag.

**ALWAYS** wash cloth face coverings on the highest temperature for the cloth.

'Reusable' face coverings are only reusable after washing.

**ALWAYS** remove your face covering if it is dirty, wet or damaged.

Carry a second similar type bag, to put used face coverings in.

If you touch the front of the face covering to eat, drink, adjust etc then replace it.

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**