How to use, wear and take care of a mask

1. When to use a cloth mask
   - Using public transport
   - Shopping
   - Delivering essential services

2. When putting on a mask
   - Wash your hands first
   - Place the inside of a clean mask against your face
   - Cover your nose and mouth
   - Make sure it fits well and don’t touch the cloth part

3. While wearing the mask
   - Do not touch your face or fiddle with the mask
   - Keep it in a container until you wash it
   - Remove the mask if it is wet

4. When taking off the mask
   - Touch only the straps. Never touch the inside
   - Wash your hands, with soap and water or hand sanitiser, after taking it off

5. Caring for your masks
   - Try to have two masks so you always have a clean one ready
   - Do not share masks with other people
   - Wash the mask with soap and hot water
   - Dry the mask in the sun and iron it to disinfect it

Please note that medical-grade masks, including N95 respirators and surgical masks, should ONLY be used by frontline doctors, nurses and community health care workers. Everyone else should use well-made cloth masks.

Cloth masks are an effective way to stop the spread, but never replace the five golden rules of hygiene

1. Wash your hands often, for at least 20 seconds with soap and water
2. Do not touch your face with unwashed hands
3. Cough or sneeze into a tissue or your elbow. Safely throw away the tissue or flush it
4. Observe social distancing - keep at least 1.5 metres apart from others
5. Stay home if unwell. Contact a hotline or your health care worker

Advice for parents when toddlers and children wear masks

- Adults must always assist toddlers and children to put on a mask
- Follow the rule of always washing hands when touching masks
- Ensure that toddlers and children are under adult supervision when wearing a cloth mask
- Ensure that children and teenagers are informed on care, use, and precautions of using a cloth mask

We are strong and resilient. We are One Imperial. We are Beyond Possibility