

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
- Remove the mask if it is wet

4



When taking off the mask

- Touch only the straps. **Never** touch the inside
- Keep it in a container until you wash it
- 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.

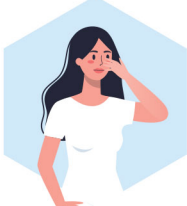
Cloth masks are an effective way to stop the spread, but never replace **the five golden rules of hygiene**

1



Wash your hands often, for at least 20 seconds with soap and water

2



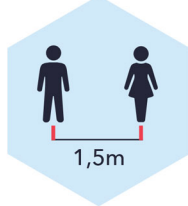
Do not touch your face with unwashed hands

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

