COVID-19: How to safely use a non-medical mask or face covering

Do's

Do wear a non-medical mask or face covering to **protect yourself and others.**
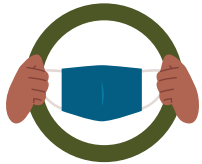
Do ensure your nose, mouth, and chin are fully covered.

Do ensure the mask is made of **at least 3 layers, including 2 layers of tightly woven fabric**, with a filter or filter fabric between layers.
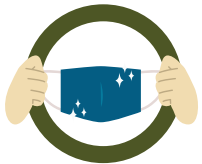
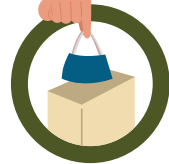Do replace and launder your mask after each use, or whenever it becomes damp or dirty.

Do inspect the mask for tears or holes.

Do wash your mask with hot, soapy water and let it dry completely before wearing it again.

Do ensure the mask or face covering is clean and dry.

Do store re-usable masks in a clean paper bag until you wear it again.

Do **wash your hands** or use **alcohol-based hand sanitizer** before and after touching the mask or face covering.

Do discard masks that cannot be washed in a garbage bin after use.

Do use the ear loops or ties to put on and remove the mask.

Don'ts

Don't wear masks with exhalation valves or vents.

Don't hang mask from your neck or ears.

Don't wear a loose mask.

Don't share your mask.

Don't touch the mask while wearing it.

Don't leave your used mask within the reach of others.

Don't remove the mask to talk to someone.

Don't reuse masks that are damp, dirty or damaged.

Remember, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. Stay at home if you're sick, wash your hands often and practise physical distancing.

Do your part to protect yourself and others

Wear a non-medical mask or face covering:

- when you're in shared indoor spaces
- when you can't maintain a 2-metre physical distance from others
- as advised by your local public health authority

Be kind

Some people may not be able to wear a mask or face covering.

Non-medical masks are **not recommended** for:

- people who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- those who have difficulty breathing
- children under the age of 2 years

Be environmentally responsible

- Wear reusable masks whenever possible.
- Washable and reusable masks are more environmentally friendly than disposable masks.
- If you must use a disposable mask, dispose of it properly.
- Don't litter.