

How to keep safe while using your mask



Wash your hands before putting the mask on or taking it off.



Avoid moving, adjusting or touching the mask.



Ensure it is well-fitted (non-gaping).



Change the mask by only touching the straps or ear-loops as soon as it gets damp or soiled. Do not touch the front of the mask.



Do not place on younger children, anyone who has trouble breathing, or anyone who is unable to take the mask off without help.



Do not share your mask with others.

Masks protect others from your respiratory droplets, but will not protect you from the droplets of others.

Wearing a mask should not be a replacement for following proven measures such as handwashing and physical distancing.