



DO inspect the mask for tears or holes.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



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



DO wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.



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



DO store reusable masks in a clean container until you wear it again.



DO discard masks that cannot be washed in a waste bin after use.



DON'T reuse masks that are moist, dirty or damaged.



DON'T share your mask.



DON'T touch the mask while wearing it.



DON'T wear a mask if you suffer from an illness or a disability that make it difficult to put on or take off a mask;



DON'T leave your used mask within the reach of others.



DON'T place a mask on a child under the age of 2



DON'T wear a mask if you have difficulty breathing



DON'T remove the mask to talk to someone.

Do's and Don'ts

of wearing a non-medical mask or face covering

Wear a non-medical mask or face covering indoors when you can't maintain proper physical distancing of 2 metres or 6 feet. **Your mask protects others and their mask protects you.**

When outdoors, a mask is not usually necessary, as there are other mitigating factors to reduce the spread of the virus such as space to physical distance, open air, and UV light.

Wearing a non-medical mask alone will not prevent the spread of COVID-19.

You must continue to wash your hands often, practice physical distancing and stay at home if you are sick.

We must all do our part to remain safe, together.

