

SLOWING THE SPREAD OF CORONAVIRUS (COVID-19)

Wearing a face mask provides an additional physical barrier to prevent the spread of COVID-19, but does not replace these important measures:

- Stay at home when you are unwell, even if you only have mild symptoms, and get tested for COVID-19
- Stay at least 1.5 metres away from other people wherever possible (physical distancing)
- Wash your hands regularly with soap and water, or use an alcohol-based hand sanitiser (good hand hygiene)
- Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately (good respiratory hygiene)
- Avoid touching your face unnecessarily

HOW TO PUT ON A FACE MASK



1 Clean your hands with soap and water or an alcohol-based hand rub.



2 Hold the mask by its tapes or loops, then tie the mask around your head or put the loops around your ears.



3 Make sure the mask covers your mouth and nose, and that there are no gaps between your face and the mask, and press the nose piece around your nose.



4 Do not touch the front of the mask while wearing it.

HOW TO TAKE OFF A FACE MASK



1 Clean your hands with soap and water or an alcohol-based hand rub.



2 Avoid touching the front of the mask. Only touch the ear loops or tapes.



3 Take the mask off from behind your head by pulling the tapes or loops straight forward and moving the mask away from your face.



4 Throw the mask in the bin.



5 Clean your hands with soap and water or an alcohol-based hand rub.