



HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

- **DO** wear a non-medical mask or face covering to **protect others**.
- **DO** ensure the mask is made up of **three (3) layers of tightly woven fabric**.
- **DO** wash your hands or use alcohol-based hand sanitizer before and after touching mask or face covering.
- **DO** use the ear loops or ties to put on and remove mask.
- **DO** ensure your nose and mouth are fully covered
- **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- **DO** store re-usable mask in a clean paper bag until you wear it again.
- **DO** discard mask that cannot be washed in a plastic lined garbage bin after use.

DON'TS

- **DON'T** reuse masks that are moist, dirty or damaged.
- **DON'T** wear a loose mask.
- **DON'T** touch mask while wearing it.
- **DON'T** remove mask to talk to someone.
- **DON'T** hang mask from your neck or ears.
- **DON'T** wear mask under your chin.
- **DON'T** share your mask.
- **DON'T** leave your used mask within the reach of others.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- people who suffer from an illness or disability that makes it difficult to put on or take off a mask
- those who have difficulty breathing
- children under the age of 5 years

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.