# How to Wear a Mask

## Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to wash your hands or use sanitiser before putting mask on

- Do **NO**T touch the mask when wearing it. If you have to touch/adjust your mask often, it doesn't fit you properly, and you need to find a different mask or make adjustments

## How to put on a mask

1. Wash or sanitise your hands immediately before picking up or putting on the mask

2. Handle only by the ear loops or ties and ensure the mask covers your nose mouth and can be secured under your chin

3. Ensure the mask fits snugly against the sides of your face.

## Do wear a mask that:

- Covers your nose and mouth and can be secured under you chin

- Fits snugly against the sides of your face

## How to take off a mask

1. Carefully, untie the strings behind your head or stretch the ear loops

2. Handle only by the ear loops or ties

3. Fold the outside corners together

4. Be careful not to touch your eyes, nose, and mouth when removing and wash your hands immediately after removing

## How to NOT wear a mask

**Under your nose** ✗

**Only on your nose** ✗

**On your forehead** ✗

**Dangling from one ear** ✗

**On your chin** ✗