



Why Wear A Mask?

- Masks do not offer a 100% barrier to infection, but they do reduce the amount of droplets you inhale. This will help, when combined with all other recommended steps to stop getting infected.
- There is some data to suggest they can prevent you from infecting others, which will slow down the spread.
- Another huge benefit of wearing a mask is that it helps you remember not to touch your face!
- It also acts as a visual reminder to others to stay aware and take care.

Care of your Mask:

- Do not use bleach, as this will irritate your airways.
- Wash your mask each day.
- For washing, use normal washing powder, preferably in warmer (> 60 deg Celsius) water, although cold water will also be fine.
- Rinse and dry thoroughly before putting it on again.
- Do not share your mask.

How to use your mask:

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover your mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it. If you do, clean your hands.
- Wash your mask daily.



**Don't stop:
Washing your hands.
Maintaining physical distancing.
Staying at home!**

Wearing a mask says:

"I care about my health, and I care about your health."

