

Coronavirus – Using a Face Mask

Introduction

This quick guide applies to minimising the transmission of coronavirus only and includes instructions on how to use a face mask.

A face mask supports other precautions to prevent the spread of coronavirus:

- **staying at home when unwell**, with even mild respiratory symptoms
- **physical distancing** (staying >1.5m away from others)
- **hand hygiene** (and avoidance of touching potentially contaminated surfaces)
- **cough etiquette and respiratory hygiene**.

People may choose or be directed to wear a mask in situations where it is not feasible to maintain physical distancing. Wearing a mask provides additional protection but it's important to know how to wear a mask correctly to avoid increasing the risk of infection to yourself and others.

How to put on a mask

- 1 Wash or sanitise your hands BEFORE** putting on the mask.
- 2 Ensure the mask covers your nose and mouth.**
The mask should also fit snugly under your chin, over the bridge of your nose and against the sides of your face.
- 3 Do not touch the front of the mask** while it is on or when removing it (and if you do so accidentally, wash or clean your hands **immediately**).
- 4 Wash or sanitise your hands AFTER** removing the mask.

Do not:

- Use a ripped or damp mask.
- Leave your used mask within the reach of others.
- Re-use a single use mask.

Note: People with chronic respiratory conditions should seek medical advice **before** using a mask.

Please remember:

- Masks may provide a sense of security that results in neglect of other important measures such as physical distancing and hand hygiene.
- The use of a mask, alone, will not prevent infection.
- Touching the mask during use or when removing it, can contaminate your hands.
- Risks are compounded if you pull down masks or if they are removed to consume food or drink.
- **Single-use masks should not be reused but discarded immediately after use.**
- Masks will be less effective if they become damp or damaged.
- **P2 or N95 masks should not be used** as they are difficult to put on and take off safely.

Further information

More information on cleaning and disinfecting your workspace and when and how to use face masks can be found at:

www.australia.gov.au/health-advice

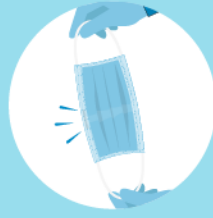
www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks



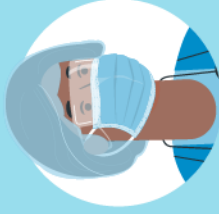
HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



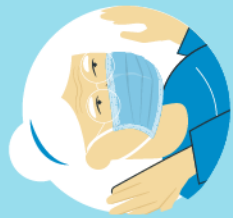
Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Avoid touching the mask



Remove the mask from behind the ears or head



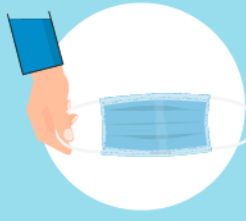
Keep the mask away from you and surfaces while removing it



Wash your hands before touching the mask



Cover your mouth, nose, and chin



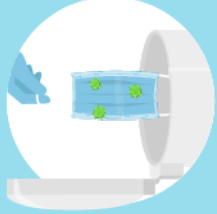
Inspect the mask for tears or holes



Adjust the mask to your face without leaving gaps on the sides



Wash your hands after discarding the mask



Discard the mask immediately after use preferably into a closed bin

Don'ts →



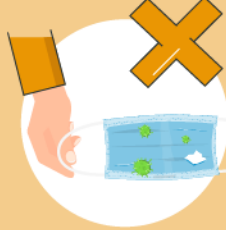
Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not use a ripped or damp mask



Do not leave your used mask within the reach of others



Do not wear the mask only over mouth or nose



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



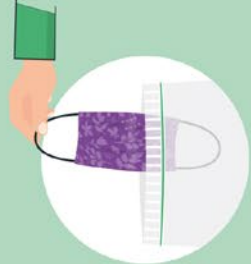
Pull the mask away from your face by the straps when it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Avoid touching the mask



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands before touching the mask



Clean your hands before removing the mask



Inspect the mask for damage or if dirty



Remove the mask by the straps behind the ears or head



Clean your hands after removing the mask

Don'ts →



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a loose mask



Do not share your mask with others



Do not use a mask that looks damaged



Do not wear a dirty or wet mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization