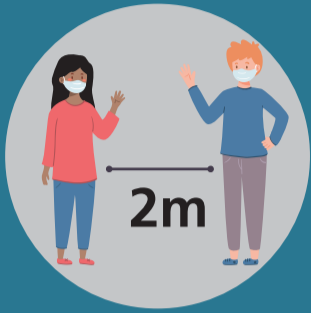


Wearing a Cloth Face Covering

Face covering can help prevent the spread of Covid-19 but are **ONLY** effective when used alongside other infection safety measures...



Social distancing



Regular handwashing



Avoiding touching the face



Respiratory hygiene



Cleaning surfaces

How to put on your cloth face covering

How to take off your cloth face covering

How to clean your cloth face covering



1 Wash your hands before putting on your cloth face covering.



1 Handle your face covering only by the fasteners (ties or loops) and remove it without touching the front of your face covering.



1 Always wash your face covering properly after use.



2 Grab your face covering by the fastenings and try not to touch the front of the mask. Place the mask over your nose and mouth.



2 Fold the outside corners together.

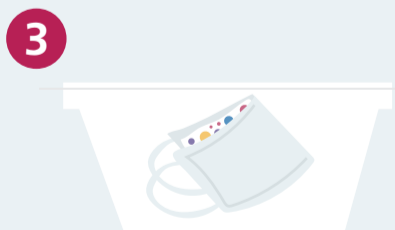
Try to avoid touching the outside of the face covering.



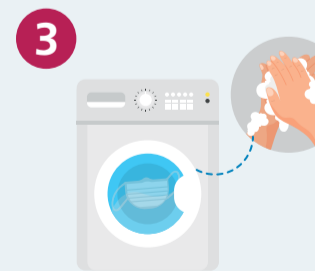
2 Wash in a washing machine using normal detergent and with your regular laundry. Wash at the warmest appropriate setting.



3 Make sure your face covering fits snugly and you can breathe easily.



3 When you can't put your face covering into the washing machine straight away, you should fold it in half with the inner surface facing out and temporarily place it in a container.



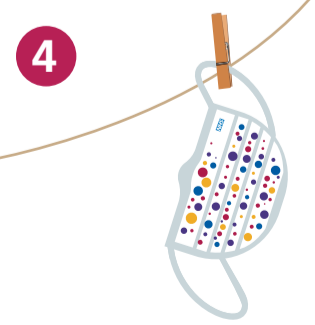
3 Wash your hands after placing your cloth face covering in the washing machine.



4 Try not to touch your face covering. If you need to readjust it, wash your hands before and after touching it.



4 Wash your hands after touching your face covering.



4 Dry your cloth face covering on high heat or hang dry thoroughly.