

How do I wear a mask correctly?

A cloth mask should fit securely around your face and cover your nose and mouth. The mask will fit close to your face by the ties at the back of your head, or ear loops. Check your mask has no holes, to ensure it works to protect others and stop the spread of COVID-19.

When and where should I wear a mask?

Remember, the safest thing is to not go into a crowded place during COVID-19. Masks are not a substitute for social distancing.

NSW Health recommends that everyone in NSW wears a mask where maintaining a 1.5m distance from other people is difficult, such as at the shops, on public transport, at places of worship, or other crowded places. Check the NSW Health website for the latest advice and face mask rules in your area.



When should I wash my cloth mask?

You should wash your cloth mask every day after wearing it. If your mask gets dirty or wet during the day, you should take it off immediately and put it in the wash. You might consider having more than one cloth mask and have one ready, when the other needs to be washed.

Where can I get a cloth mask?

You can purchase reusable cloth masks with vibrant Indigenous prints from local suppliers online or visit your local Pharmacy or Aboriginal Medical Service to ask about cloth masks.

For further information about cloth masks please visit the www.health.nsw.gov.au website.

Frequently Asked Questions on Cloth Face Masks



Let's keep our community safe, strong and healthy. Please visit health.nsw.gov.au for the latest information on COVID-19.



What is a cloth face mask?

Cloth masks are a reusable and sustainable choice over disposable masks. A water-resistant layer on the outside layer of your mask gives the best protection. Three-layer masks are best. Two layers are the minimum.

Why should we wear a cloth mask?

A mask will help reduce the chance of spreading the virus and protect others in your Community. COVID-19 can spread when an infected person coughs or sneezes near another person. A mask helps to contain droplets when a person coughs or sneezes. Some people can be infectious with COVID-19 but have no symptoms.

Can everyone wear a mask?

Most people can wear a mask but there are some exceptions:

- Masks are not for babies and children under two years old. Masks can be choking hazards for infants and toddlers.
- Masks are not recommended for anyone unable to remove the mask without help.

Please speak with your local Aboriginal Medical Service or GP if you have any concerns.

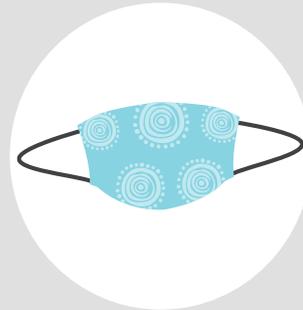
How to put on your mask

1



Wash your hands for 20 seconds with soap and dry properly. Check the mask is clean and has no holes or tears.

2



Your mask should be held on with ties or ear loops.

3



It should fit comfortably against the side of your face, and not restrict your breathing.

4



Do not touch your mask while you are wearing it.

5



When you take off your mask, do not touch your eyes, nose, or mouth and wash your hands immediately.

6



Treat the mask like a used handkerchief – put it away safely and wash your masks at the end of each day.