COVID-19

Wearing a mask can help stop the spread of COVID-19

Wear a mask if:

- **you can't stay 1.5 metres away from people**
- **you have symptoms and are going to get tested**
- **you are in isolation in the same room as another person.**

This is how you should wear your mask.

STEP ONE

Wash your hands for 20 seconds with soap, or with an alcohol-based hand rub before you put on your mask. Washing your hands stops germs going from your hands onto your mask and face.

STEP TWO

Make sure your mask is the right way up, and covers your nose, mouth and chin. Do not touch your mask when you are wearing it.

You can make your own mask at home with these easy steps:

www.health.nsw.gov.au/Infectious/factsheets/Pages/how-to-make-a-cloth-mask.aspx

STEP THREE

Wash your hands again after you put on your mask.

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STEP FOUR

Try not to touch the front of the mask when you take it off.

Put it in the bin straight away.

If it is a cloth mask, put it into a plastic bag straight away and wash it before you wear it again.

It is a good idea to carry more than one mask with you when you go out. Keep your spare mask in a plastic bag.

STEP FIVE

Wash your hands again for at least 20 seconds with soap or an alcohol-based hand rub after taking off your mask.

Remember, the use of a mask and only a mask will not prevent you getting COVID-19. Staying 1.5 metres away from people and washing your hands regularly still remain the best ways to protect yourself.