

Do you need to wear a mask?

The government has said that wearing of a face mask is very important to help keep you and those people around stay safe.



This means wearing a mask when you leave the home

It is very important to wear a mask if you use public transport

It is very important if you are somewhere where there are groups of other people like at work or the supermarket.

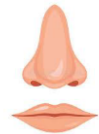
How to use a mask safely

These tips are for the use of masks you can throw away after you've worn them.

1. Wash your hands before you put the mask on.



2. Make sure the mask covers your nose and mouth.



3. Make sure the mask fits tightly around your:

- chin
- the bridge of your nose
- the sides of your face.



4. Don't touch the mask while you wear it.



5. If you accidentally touch the mask, wash your hands. You must wash your hands any time you handle a mask.



6. Throw the mask away after you take it off.



7. Wash your hands after you have thrown away your mask.



8. If you want to eat or drink, you need to take your mask off and wash your hands first.

9. It is not safe to pull a mask down to eat or drink.

10. You must change your mask after 4 hours or if it gets damp / or wet or damaged.



11. Wear a new mask every day.

