

HOW TO WEAR A MASK

DO

- ✓ Perform hand hygiene before and after touching the mask
- ✓ Ensure that when applying the mask it is fitted properly
- ✓ Cover your mouth, nose and chin – and adjust to your face
- ✓ Avoid touching the mask once in place: i.e. do not lower/raise/take off one side to eat, drink, talk, blow your nose, put on lip balm
- ✓ Change the mask if moist, soiled or contaminated and discard the mask immediately and perform hand hygiene
- ✓ Wash a 'reusable' mask daily in detergent

DO NOT

- ✗ Do not touch the front of your mask
- ✗ Do not wear the mask only over your mouth or only over your nose
- ✗ Leave the mask hanging around your neck or on top of your head
- ✗ Do not re-use a disposable mask

USE YOUR
PHONE CAMERA
TO SCAN ME
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The Sydney *children's* Hospitals Network
care, advocacy, research, education