

How to put on and take off your face mask

How to put on a face mask

1. Clean hands with soap and water or alcohol-based rub.



2. Hold the mask by its tapes or loops, then tie the mask around your head or put the loops around your ears.



3. Make sure the mask covers your mouth and nose, and that there are no gaps between your face and the mask. Press the nose piece around your nose.



4. Do not touch the front of the mask while wearing it.



How to take off a face mask

1. Avoid touching the front of the mask. Only touch the ear loops or tapes.



2. Take the mask off from behind your head by pulling the tapes or loops straight forward and moving the mask away from your face. Do not touch the front of the mask.



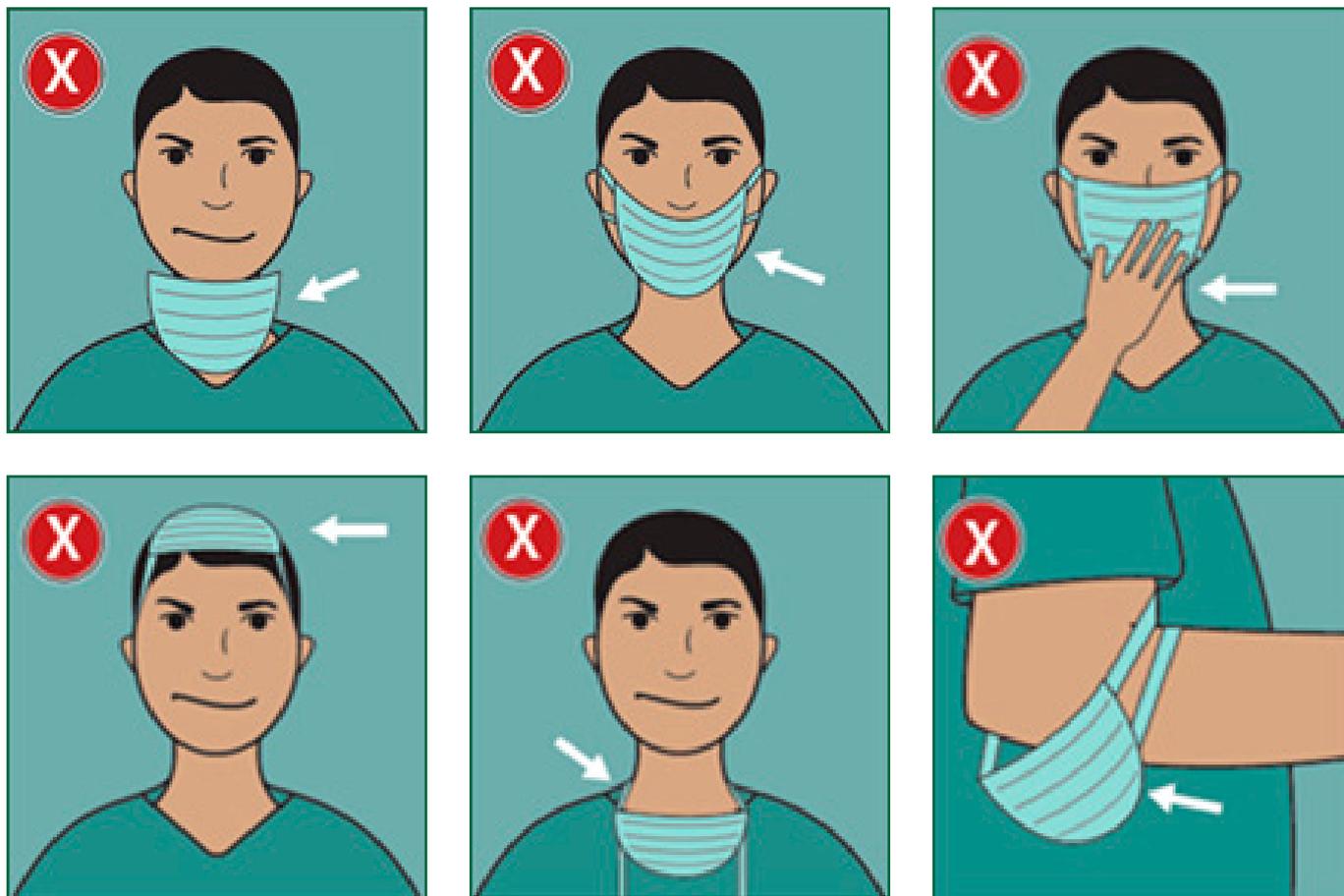
3. Throw the mask in the bin or if using a fabric face mask place in washing machine.



4. Clean your hands with soap and water or an alcohol-based hand rub.



Use your face mask correctly



Ensure you remove your face mask correctly. Never leave it on your head, around your neck, under your nose or mouth or around your arm for later use.

Never touch or adjust your face mask without cleaning your hands both before and after.

Never re-use single-use masks.

Cloth masks should be washed each day after use, or when wet or visibly dirty. Masks can be washed in the washing machine (preferably at 60 degrees C) with other clothes. Dry the cloth mask in the clothes dryer or in fresh air before you re-use it. Clean your hands with soap and water or alcohol-based hand rub after handling used face masks.

Please refer to community advice and the HealthyWA website for updates about when and how to use face masks.

Adapted with permission from COVID-19 and face masks – Information for consumers developed by the Australian Commission on Safety and Quality in Health Care (ACSQHC). ACSQHC: Sydney 2020.